



John P. Stevens Hawks Soccer 2011

General Conditioning Guidelines

1. Make sure you stretch properly before and after every workout. You should jog lightly to warm up your muscles, you need to “break a sweat”, then go through your static stretching routine. You must stretch after every workout!
2. Make sure you stretch and ice any strains or pulls you might develop. **Train, don’t strain, and work hard but intelligently.** Should you injure yourself while training, seek help and rest if necessary.
3. Light jogging and stretching after heavy workouts will rid your legs of lactic acid. The build up of lactic acid causes the feeling of heavy legs. Light jogging and stretching will relieve that feeling.
4. Stretching is especially important before and after weight training. This will help to improve flexibility.
5. Make sure that you wear a watch when you train, so that you can judge your times and recovery rate.
6. Do not run two track workouts in a row.
7. Wear running shoes for all workouts, **not** flats.
8. Try to workout with a partner or more people.
9. Drink plenty of water, pre and post workouts.
10. If you feel tired or sick, back off. Quality of the workout is the key.
Use common sense.

