

PRESEASON WORKOUTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Speed Skaters (Jump to side, one leg goes behind other, opposite arm reaches across front leg to ground, switch) X 50	In-Out Hops (Wide Squat, Hop to Narrow Squat, switch) X 50	Split Jumps (Lunge, jump switching legs in air) X 50	Awkward Jacks (Squat low, Jump high reaching arms up to "V", land in low squat - stay low) X 50	Mountain Climbers (plank position, alternating jumps, knee in toward same side elbow, switch legs in air) X 50
Diving Pushup (Plank, raise hips to pike, lowering hips as you pushup) X 8-12	Burpee Pushup (Squat, hop legs back to plank, pushup, hop forward, jump high, arms overhead) X 8-12	Rotating Pushup (Plank, pushup, rotate torso stacking feet, reaching top arm vertical toward ceiling, return to plank) X 8-12	Slider Pushup (Plank, one hand on soccer ball, pushup, slide ball to other hand, pushup) X 8-12	Walkout Pushup (Hands to ground, walk hands forward as hips lower to plank position, pushup) X 8-12
Multi-direction Lunge (step one foot forward bending both knees to 90 degrees, return to standing side by side, step to one side, bending that knee other leg stays straight feet pointing forward, push back to standing, then step back bending both knees to 90 degrees, return to standing) X 8-12 each side	Lunge to Balance (Step forward both knees bend to 90 degrees, swing back leg forward, raising knee, top of leg parallel to floor, balance, pause, return to standing) X 8-12 each side	Lunge to Squat (step forward to 90 degree knee bend, return to standing, sit back away from knees to squat, top of leg parallel to floor) X 8-12 each side	Curtsy Lunge (Step one leg behind other leg, bend both knees, keep hips facing forward, stand, switch) X 8-12 each side	Lateral Lunges (Step to 45 degree angle, slight pivot back foot, bend both knees to 90 degrees, return to start facing forward) X 8-12 each side
Plie' Squat to Press (Step to wide squat feet turned out laterally, touch soccer ball to ground, step in to stand, press ball overhead) X 8-12	Squat to Curl (Stand, push hips back, squat away from knees, stand bending arms lifting ball or DB to chest) X 8-12	Front Squat Press (holding ball or DB in front of shoulders, push hips back away from knees to squat, stand, press ball or DB overhead) X 8-12	Side Squat Touchdown (Step to one side bending that knee, other leg stays straight, keeping back as vertical as possible, straight arms touch ball or DB to ground, stand) X 8-12 each side	Squat Clean Press (Wide squat, feet parallel, reach ball or DB towards ground as you squat, stand pulling elbows up and out, dip slightly bending knees, as you "catch" ball or DB at chest, press overhead) X 8-12
Squat Jumps (Holding ball or DB with arms straight down, push hips back, squat away from knees, jump to standing) X 8-12	Low Jump Squat (squat wide ball or DB at chest, stay low jumping in to narrow squat, stay low jumping to wide squat) X 8-12	Tuck Jump (squat low, swing arms back, jump knees toward chest tilting body forward) X 25-30	Butt Kick (squat low, swing arms back, jump high, knees bend to kick butt) X 25-30	Burpee (Squat, hop back to plank, hop forward to squat, jump high arms overhead) X 25-30

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Low to High Woodchop (Start both hands holding single DB or ball reaching down across body to opposite foot, pivoting on back foot, swing weight in arc up across body pivoting from other foot) X 8-12 each side	Renegade Row Rotation (Plank, bend one elbow to lift DB to shoulder, rotate torso onto sides of stacked feet, press to raise DB toward ceiling, alternate sides) X 8-12 each side	Obliques (Lying face-up, draw-in belly, raise knees to 90 degrees shins parallel to floor, hands at ears, extend one leg towards floor, "fold" across toward bent knee, reaching back with opposite elbow, keep both elbows back in line with shoulders) X 30	Scissors (Lying face-up, draw-in belly, both legs extended vertical toward ceiling, pulse 1 leg twice toward shoulder reaching further each time, switch legs) X 15-20 each side	Teaser (Lying face-up, draw-in belly, legs extended straight, press low back into floor, raise both legs while also lifting head and shoulders, lift all the way to balance on seat, extend arms and back, round back and return to start) X 8-12
Instructions: Complete these circuits with minimal rest between exercises. Complete 2-3 sets of all exercises, repeating the sequence for each round.				
Equipment Needed: Soccer Ball and Dumbells 5, 10, or 15 pounds, Watch with Second Hand.				
		Cardio-respiratory Training		
<i>Week 1-4 Cardio</i> (5 minute warm-up; 20 minute Jog (Zone 1); 5 minute cool down)	Cardio (5 minute warm-up; alternate 3 minute Jog (Zone 1) with 3 minute Run Higher Effort (Zone 2); repeated 3 times; 5 minute cool down)	Cardio (5 minute warm-up; 20 minute Jog or Zone 1; 5 minute cool down)	Cardio (5 minute warm-up; alternate 5 minute Run Higher Effort (Zone 2) with 1 minute Jog (Zone 1); repeated 3 times; 3 minute Jog recovery)	Cardio (5 minute warm-up; 20 minute Jog (Zone 1); 5 minute cool down)
<i>Week 5-8 Cardio</i> (5 minute warm-up; 20 minute Jog (Zone 1); 5 minute cool down)	Cardio (5 minute warm-up; alternate 3 minute Jog (Zone 1) with 3 minute Run Higher Effort (Zone 2); repeated 3 times; 5 minute cool down)	Cardio (5 minute warm-up; alternate 5 minute Run Higher Effort (Zone 2) with 1 minute Jog (Zone 1); repeated 3 times ; 3 minute Jog recovery)	Cardio (5 minute warm-up; 20 minute Jog (Zone 1); 5 minute cool down)	Cardio (5 minute warm-up; alternate 1 minute Run Higher Effort (Zone 2) with 1 minute Sprint (Zone 3); repeated 3 times ; 3 minute Jog recovery; repeat alternating 1 minute Sprint (Zone 3) with 1 minute Run Higher Effort (Zone 2); repeated 3 times; 3 minute Jog recovery)
Cardio-respiratory Training Formulas: Zone 1 = 65-75% X Heart Rate Max ; Zone 2 = 80-85% X Heart Rate Max; Zone 3 = 85-95% X Heart Rate				
Calculate Training Heart Rate: 220 - Age X Percentage for desired Zone				
Example: 220 - 15 years old = 205 X 65% = 133 Beats Per Minute (Zone 1), X 80%= 164 Beats Per Minute (Zone 2), X 90%=185 Beats Per Minute (Zone 3)				
Beats Per Minute: Count Pulse at neck or wrist for 10 seconds multiply by 6				
Warm-up & Cool Down Stretches				
Stretch both Warm-up and Cool Down: Total Body (plank position on hands and toes, keep Back straight, raise hips toward ceiling, walk hands toward feet until heels touch down); Quads (keep Back straight, bend one knee holding foot, drawing knee in and down to touch opposite knee); Hamstring and Adductors (keep Back straight, step one foot out to side lunge position bending that knee, opposite leg stays straight at the knee rotating that knee so foot points up; Glute and IT Band (keep Back straight, shift weight to one leg, pick-up other leg balancing and crossing ankle onto standing knee, slowly bend standing knee, sitting into 1/4 squat position); Core (plank position hands and toes, hands directly under shoulders, back straight belly-in, roll forward onto tops of toes facing down, lowering hips, lifting chest and face forward, keep thighs off ground).				