

SOCCER PRE-SEASON CONDITIONING - WEEK 3

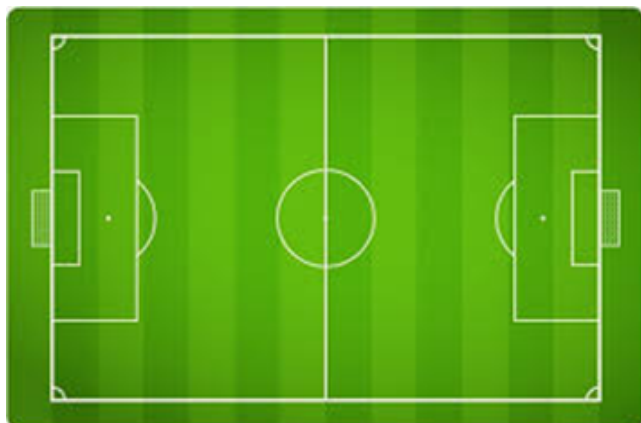
WEEK 3 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Long Run	Whole Body	Day off	Interval	Whole Body	Day off	Interv+Ball Sk

WEEK 3 SESSION PLAN

Exercise	Type	Sets / Reps
Long Run	Jog	Aim 4-8km
Whole Body	Single Leg Lunge Single Leg Bridge Calf Raises Incline Push ups Burpees Sit Ups Plank Mountain Climbers	3 x 10-12 Plank Hold 2 x 40sec
Interval Run (Soccer field)	Sprint (Width) Jog (Length)	4 x 3 (3 min rest) 80% sprint
Ball Skills	Quick feet Toe Taps Sole Taps Cutbacks Ball Rolling Clock	30mins

Length (Jog)



Width (80% Sprint)

