

# SOCCER PRE-SEASON CONDITIONING - WEEK 1

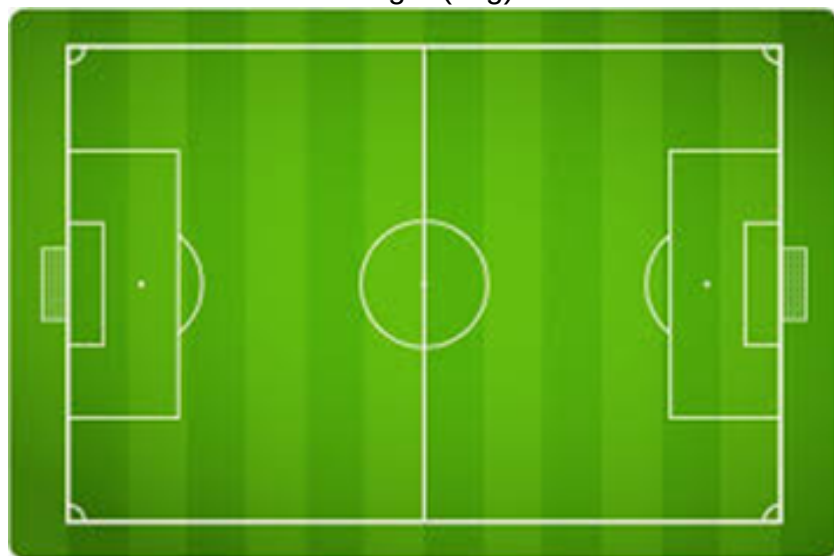
## WEEK 1 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Long Run	Whole Body	Day off	Interval	Day off	Whole Body	Day off

## WEEK 1 SESSION PLAN

Exercise	Type	Sets / Reps
Long Run	Jog	Aim 2-6km
Whole Body	Squats Lunges Hamstring Bridge Calf Raises Push ups Tricep Dips Sit Ups Plank	3 x 10-12  Plank Hold 2 x 40sec
Interval Run (Soccer field)	60-70% Max (Width) Jog (Length)	3 x 3 (3 min rest)

Length (Jog)



Width (60-70%)

