

Women's Soccer Summer I

Day 1

			Week 1 wt		Week 2 wt		Week 3 wt		Week 4 wt							
Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps	Week 4 wt	x	Week 4 reps	
1	#N/A	DB Squat Jump High Plank Reach (opposite arm/leg) x 4ea Frog Stretch (groin) x 15sec ea	1			x 4				x 5			x 6			x 5
			2			x 4			x 5			x 6			x 5	
			3			x 4			x 5			x 6			x 5	
			4			x 4			x 5			x 6				
2	#N/A	Goblet Mini Band Squat Mini band around knees if available Split Squat Jump x 2e Sumo Squat to Stand x 2	1			x 8			x 4			x 6			x 3	
			2			x 8			x 4			x 6			x 3	
			3			x 8			x 4			x 6			x 3	
			4			x 8			x 4			x 6			x 3	
			5						x 4			x 6			x 3	
			6						x 4			x 6				
3	#N/A	DB Alt Bench Press Alt DB's at the top	1			x 5e			x 6e			x 7e			x 5e	
			2			x 5e			x 6e			x 7e			x 5e	
			3			x 5e			x 6e			x 7e				
4	#N/A	DB SL RDL Don't use same wt each week	1			x 4e			x 5e			x 6e			x 5e	
			2			x 4e			x 5e			x 6e			x 5e	
			3			x 4e			x 5e			x 6e				
5	#N/A	DB Suitcase Carry Hold one DB and walk for 30sec Stay upright	1			x 20s			x 25s			x 30s			x 30s	
			2			x 20s			x 25s			x 30s			x 30s	
			3			x 20s			x 25s			x 30s				

Day 2

			Week 1 wt		Week 2 wt		Week 3 wt		Week 4 wt						
Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps	Week 4 wt	x	Week 4 reps
1	#N/A	Bounce + Vertical Jump Small Bounce + Jump as high as possible -land soft Plank walk outs x 6/8/10/12 reps Spiderman with twist x 4/5/6/7ea	1			x 3			x 4			x 5			x 6
			2			x 3			x 4			x 5			x 5
			3			x 3			x 4			x 5			x 4
			4			x 3			x 4			x 5			
2	#N/A	SL Box Squat Squat down on one leg to a box SL Clock hops 12-2-4-6/12-10-8-6 x 2ea Both legs clock and counter clock wise	1			x 4e			x 5e			x 6e			x 8e
			2			x 4e			x 5e			x 6e			x 8e
			3			x 4e			x 5e			x 6e			x 8e
			4			x 4e			x 5e			x 6e			
3	#N/A	Inverted Row Pushup Position Ankle Rocks x 10e AMAP=As Many As Possible	1			x 6			x 7			x 8			x AMAP
			2			x 6			x 7			x 8			x AMAP
			3			x AMAP			x AMAP			x AMAP			x AMAP
4	#N/A	SL SE Hip Bridge	1			x 6e			x 8e			x 10e			x 12e
			2			x 6e			x 8e			x 10e			x 12e
			3			x 6e			x 8e			x 10e			x 12e
5	#N/A	SB Side Bridge	1			x 20s			x 25s			x 30s			x 40s
			2			x 20s			x 25s			x 30s			x 40s
			3			x 20s			x 25s			x 30s			x 40s