AT HOME WORKOUTS

WITH LOUDOUN SOCCER



Personal Workout Packet

March- April

14-19U



6 Week Program

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Guidelines for this Program

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1. This document is modified from a pre-season fitness training program. It is not mandatory, but a suggested way for players to stay in shape during this period. Your coach will also be assigning Google Classroom work.
2. **When following this document, players must adhere to all current (and potential additional restrictions) set forth by our local, state, and federal authorities in response to Covid-19.**
3. The document contains a 6 week program. You are to do the strength exercises 4 days a week X 4 sets. In-between each set take a 3 minute break.
4. The Running is broken up to cover the 6 weeks with 2 days to run each week.
5. The last day is for REST – this is important.

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Day 1 Lower/Upper Full

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Split Squats	10 x with 5 second hold at bottom x 4
Couch Stretch	30 seconds
Ham String Curls	12 x 4
Push Ups	Max x 4
Wall Angels	10 x 4
Supermans	10 x 4
Planks	45 seconds x 4

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Day 2 Upper Push/Pull

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Close Grip Push Ups	Max x 4
YTW's	8x4
Single Leg Push Ups	15 x 4
Side Plank	35 seconds x 4
Single Leg Hip Thurst	15 R/L x 4

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Day 3 Lower Push/Pull

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Side Lunge squat	12x 4
Groin Rocker	30 seconds
Single legs get up	10 x 4
3 way hip	30 seconds
Step down	10 x 4

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Day 4 Core

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Dead bugs	25
Shoulder Taps	15x4
Channel Changers	15x4
Side Plank Taps	15R/L x 4
Reach Ups	25x4

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Running



Week 1	• 1x 30 minutes • (8-10 min pace)	• 1x 30 min • (8-10 min pace)
Week 2	• 2 x 12 minute • 3 min rest between (75% effort)	• 1 x 30 min • 70% effort
Week 3	• 3 x 10 min • 3 min rest between • 80% effort	• 3 x 12 minute • 3 min rest between • 80% effort
Week 4	• 3 x 7 min • 3 min in-between • 85% effort	• 30/30 (30 seconds sprint, 30 seconds rest) • 2 min x 8 • 90% effort
Week 5	• 5 x 6 minutes • 3 min rest • 70% effort	• 4 x 4 min • 3 min rest • 90% effort
Week 6	• 2 x 15 min • (20 seconds sprint 20 seconds jog) • 3 min rest	• 2 x 10 min • 30 seconds on 30 seconds off • 3 min rest in-between • 90% effort

IF you are unable to go outside for cardio

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- If you have any cardio equipment at home, cycle, elliptical, stair-master you can still follow the program inserting whichever equipment you have.

- If you have no equipment you can do the following.

1. Use stairs in your house. You aren't as likely to be able to do the long distance cardio but you can do intervals.

2. 1 minute up and down the stairs on 1 minute off repeat x 10

3. Set timer for 5 minutes go up and down the stairs as many times as possible. Keep track of your score rest for 10 minutes and do it 2 more times. Try to beat your score every time.

4. If you don't have stairs, make your workout HIGH INTENSITY, this means shortening the rest periods in-between each set. If you were supposed to rest for 3 minutes only rest 1

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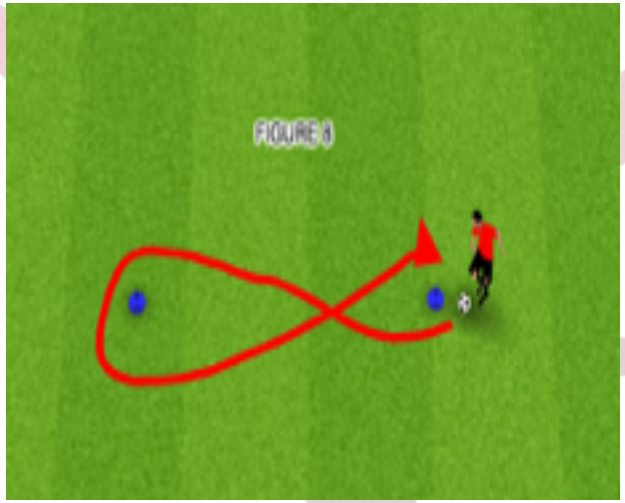
SAMPLE WEEKLY SCHEDULE

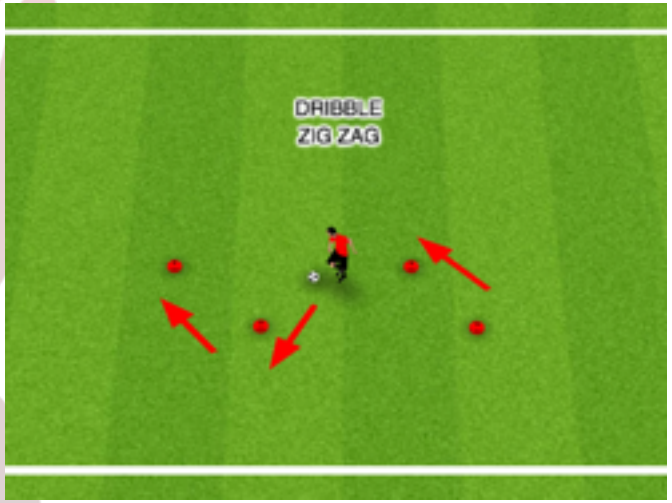
Weekly Training Plan

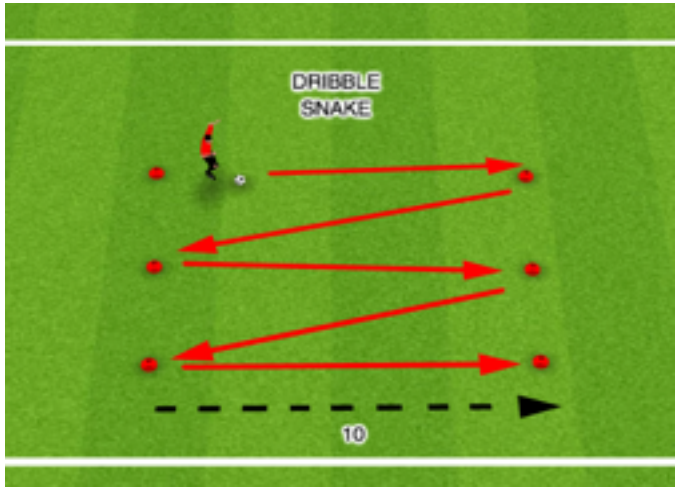
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY 1 LOWER/UPPER	RUNNING 1	DAY 2 UPPER/PUSH	RUNNING 2	DAY 3 LOWER PUSH/PULL	DAY 4 CORE	OFF

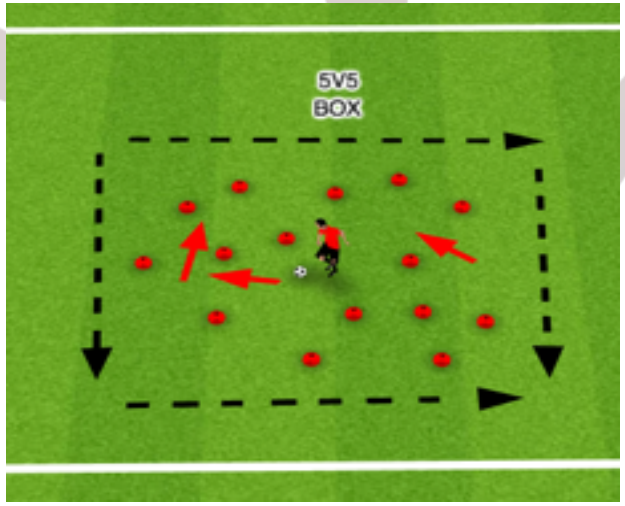
BALL WORK ACTIVITIES

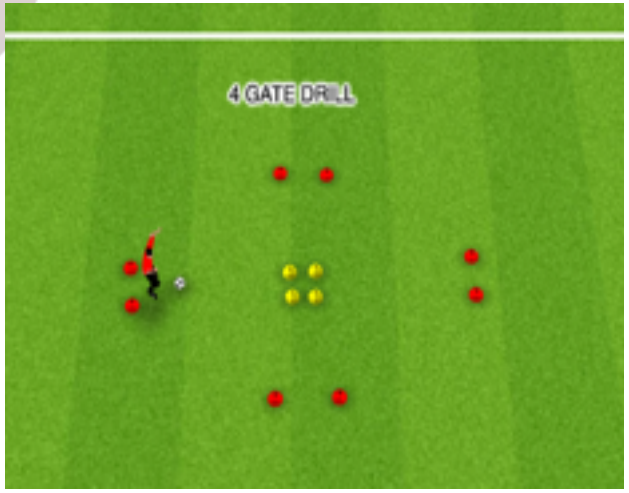
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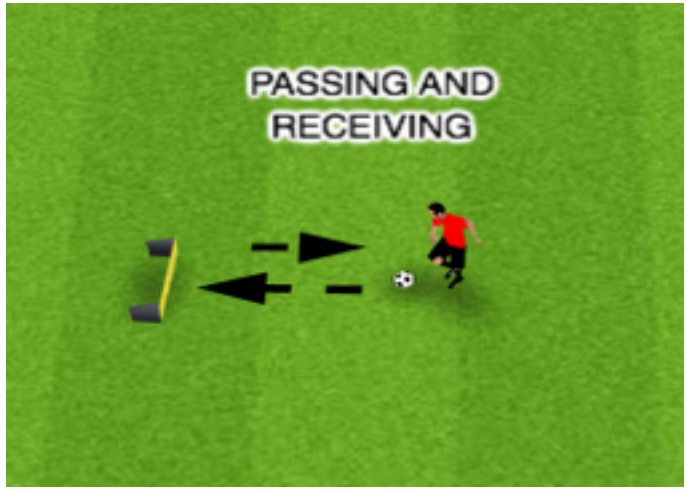












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QUESTIONS

Reach out to:

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