



AC Samoa 2017 Conditioning Template

U12/11

Training Phase	Off Season - 9 Weeks									Pre Season - 6 Weeks						In Season - 7 Weeks								Off Season - 4 Weeks					
Month	January					February				March				April				May				June							
Week	1st	8th	15th	22nd	29th	5th	12th	19th	26th	5th	12th	19th	26th	2nd	9th	16th	23rd	30th	7th	14th	21st	28th	4th	11th	18th	25th			
Endurance	2	2	2	2	1	2	2	2	1	1	1	1	1	1	0	1	1	1					1	1	OFF	OFF			
Sprint										1	2	2	1	2	2	2	2	1	1	1									
X Train	2	2	2	2		2	2	2		2	2	2		2	1		1	1		1	1								
Non Impact Cardio					1				1				1			1			1	1	1	1	2	2					
Test					1				1														1						
Training Phase	Pre Season - 11 Weeks												In Season - 9 Weeks								Off Season - 7 Weeks								
Month	July					August				September			October					November			December								
Week	2nd	9th	16th	23rd	30th	6th	13th	20th	27th	3rd	10th	17th	24th	1st	8th	15th	22nd	29th	5th	12th	19th	26th	3rd	10th	19th	17th	24th		
Endurance	OFF	2	2	1	0	1	2	2	1	0	1	OFF									OFF	OFF	2	1	1	1	OFF		
Sprint		1	1	2	3		1	1	2	3			1	1	1	1	1	1	1										
X Train		1	1	2	2		1	1	2	2			1	1	1	1	1	1	1							1		1	1
Non Impact Cardio						1					1		1	1	1	1	1	1	1	1						1		1	1
Test						1					1												1						

Training				
Endurance		X Train (Cross Training) - Choose at least 1 Per each X train day		
2-4 Miles		Agility Drills		
These runs should be completed at a moderate pace 7:30-9:00 minute mile pace.		Core Training (Plank, Push Ups, Pull Ups, Crunches, Pilates)		
Beach run or high intensity scrimmages/pick ups game can be substituted.		Strength Training and/or Plyometrics (Jump Squats, Box Jump)		
Test		Yoga		
Beep Test IRT - Level 1		Beast Mode Soccer Drills		
2 Mile run for time		Stretching, Foam Rolling. If stretching on a X Train day, you should be stretching for least 20 minutes.		
Cooper Test - Run as far as possible in 12 minutes. Measure/convert to meters.		Below are some other options for X - Training days. Choose one.		
Sprint - Choose 1 Per each sprint day		3 rounds	3 Rounds	*AMRAP - 15 minutes
Gauntlet: 1 mile, 1 min rest, 1/2 mile, 1 min rest, 1/4 mile, 1 min rest, 1/8 mile, 1 min rest, 10 x 40 meter.		-Stair repeats x 5	-L Sprint x 6, Side Shuffle 2 steps to 5 yard sprint	-Crunches x 60 varied
150 yard shuttle: Out and back at 5, 10, 15, 20, and 25 yards. Recover for 2-4 minutes and repeat 3-5 times. Goal 32-38 seconds per each set.		-1/4 mile run		-Air Squats x 20
10 Min: AMRAP: 10 yard sprint and jog back, 20 yard sprint and jog back, 40 yard sprint and jog back.		-Burpees x 10	-SL Jump Squats x 5	-Juggle x 50
-5 x 10, 4 x 25, 3 x 50, 2 x 100, 3 x 50, 4 x 25, 5 x 10 yard sprint		-1/4 mile run	-Defensive Back Pedal x 4, 20 yards	-Long Jump x 20 yards
-6 Rounds: Burpees x 5, 100 yard shuttle at 10 yards, Recover 45 seconds		-Jump Squats x 10		-Crunches x 30
If you don't have access to a track/field you can add sprint bursts into your long distance runs.		-1/4 mile run	-Push Up x 15	-Sprint x 20
Non Impact Cardio - Active recovery days		-Crunches Varied x 60	-Ladder Drills x 6	-SL Push x 5 each leg
				-SL Squat x 10 each leg
				-Pull Ups x 5
				-Skill Moves x 10
				-Jog 100 yards

Training		
Endurance	X Train (Cross Training) - Choose at least 1 Per each X train day	
Swim, Bike, Rower, Cardio equipment for at least 30 minutes.		-Back Pedal 100 yards
Non impact cardio can and should be substituted if injuries are prevalent.	*AMRAP - as many rounds as possible.	