

FLORIDA ELITE SOCCER ACADEMY

SUMMER FITNESS PLAN

www.floridaelitesa.com



Pre-Preseason

Please ensure all sessions start with a proper warm up and end with a cool down with stretching.

Ensure you have sufficient fluids to take during your work out.

We also recommend that you take some protein and carbohydrates in, within 30 minutes after your workout.

WEEK 1

Session 1

- Warm up (Jogging/dynamic movements and stretching).
- 1 mile run timed (7 minute target).
- 4 sets of 25 abs (Varied techniques).
- 5 sets of 10 push up's.
- 4 sets of 25 lunges.

Session 2

- Warm up (Jogging/dynamic movements and stretching).
- 4 sets of 25 Calf Raises.
- 4 sets of 25 lunges on both legs.
- 12 minute run at 50% speed.

Session 3

- Warm up (Jogging/dynamic movements and stretching).
- 10 sprints the full length of a soccer field (30 seconds recovery time between sprints).
- 10 half-field sprints with 15 seconds recovery time between sprints.
- 4 sets of 25 abs (Varied techniques).
- 5 sets of 10 push up's.

WEEK 2

Session 1

- Warm up (Jogging/dynamic movements and stretching).
- 2 miles run (14 minutes target).
- 10 half field sprints with 15 seconds rest between sprints.
- 4 sets of 25 abs (Varied techniques).

Session 2

- Warm up (Jogging/dynamic movements and stretching).
- 12 minutes run. Sprint 20 seconds at the start of each minute then jog 40 seconds. Repeat every minute.
- 10 shuttle runs using the 6 yard line, 18 yard line and half way line. 20 seconds rest between runs.
- 4 set of 25 abs. (varied techniques).

Session 3

- Warm up (Jogging/dynamic movements and stretching).
- 10 laps of an 11v11 field (14 minute target).
- 5 sets of 15 push up's.
- 3 sets of 10 dips.

WEEK 3

Session 1

- Warm up (Jogging/dynamic movements and stretching).
- 4 sets of 25 calf raises.
- 4 sets of 25 squats.
- 4 sets of 25 lunges on both legs.
- 1 mile run (7 minutes target).

Session 2

- Warm up (Jogging/dynamic movements and stretching).
- 2 miles run (14 minutes target).
- 4 sets of 25 lunges on both legs.
- 4 sets of 25 abs. (varied techniques).
- 4 sets of 20 push up's.

Session 3

- Warm up (Jogging/dynamic movements and stretching).
- 10 sprints the full length of a soccer field. 20 seconds of recovery time between sprints.
- 5 laps of 11v11 field (7 minutes target).
- 5 sets of 20 push up's.
- 4 sets of 25 abs. (varied techniques).

WEEK 4

Session 1

- Warm up (Jogging/dynamic movements and stretching).
- 12 minutes run. Sprint 30 seconds at the start of each minute then jog 30 seconds. Repeat every minute.
- 5 laps of 11v11 field (7 minutes target).
- 5 half-field sprints. 15 seconds of rest between sprints.

Session 2

- Warm up (Jogging/dynamic movements and stretching).
- 5 sets of 20 push up's.
- 4 sets of 25 abs. (varied techniques).
- 4 sets of 25 calf raises.
- 4 sets of 25 lunges. Both legs.
- 2 miles run (12 minute target).

Session 3

- Warm up (Jogging/dynamic movements and stretching).
- 2 miles run (12 minutes target).
- 10 sprints the full length of a soccer field. 20 seconds of recovery between sprints.
- 10 half-field sprints. 10 seconds of recovery between sprints.