



Olympia High School Soccer

2020 Virtual Conditioning



This conditioning program will help you prepare for the physical demands of preseason training, and the beginning of the winter season. These workouts will help improve your flexibility, agility, balance, speed, acceleration, strength, power, and confidence, all specific to the game of soccer. **You must work with a ball whenever possible to improve your skills and technique. You must play as often as possible. There is no better way to prepare for the demands of soccer than by playing soccer.** You must be soccer fit, as well as physically fit, when you arrive at tryouts. Your performance during tryouts and the beginning of the season will be a direct reflection of how hard you trained over the next few weeks. It will also tell us how committed you will be to developing to your full potential as a soccer player and helping Olympia High School win a district championship!

Fitness

GENERAL WARM-UP – Do this prior to all running work-outs:

- 1/2 to 1 mile jog
- Dynamic Movements and Stretching:
- High Knees (3X30m)
- Heel-Glutes (3X30m)
- Carriocca (3X30m)
- 1/2 Speed Striders (3X30m)
- Quads, Hamstrings, Calves, Groins, Glutes, Hip Flexors, IT Bands
- *This is not static stretching. Static stretching should be done only at the end of each running workout.*

PHASE 1 – BUILDING A BASE --Weeks 1-2 (Aug. 31 – Sep. 11)

Mondays & Fridays:

- Interval Runs: 30-60-30 Runs:
- 5x30 seconds @ 75%, 30 seconds @ 50%
- 5x60 seconds @ 75%, 60 seconds @ 50%
- 5x30 seconds @ 75%, 30 seconds @ 50%
- 5 Minute Cool Down (Active Rest)
- 1 set 8x100s @ 75% , SLOW jog back to start after each run (no more than 45 seconds between runs)
- 1 set 8x30s @ Sprint Pace – 30 seconds rest between each run
- Tabata #1 (See last page)

Wednesdays:

- 2 Mile Run – Target Time: 14 minutes
- 5 Minute Cool Down (Active Rest)
- 1 set 8x100s @ 75% , SLOW jog back to start after each run (no more than 45 seconds between runs)
- 1 set 8x30s @ Sprint Pace – 30 seconds rest between each run
- Tabata #2 (See last page)

Tuesdays and Thursdays:

- 30 min yoga

PHASE 2 – SPEED PRODUCTION -- Weeks 3-5 (Sep. 14 – Oct. 2)

Week 3

Monday and Friday (sprint speed)

- 3X30m (45 second rest between reps)
- 3X60m (45 second rest between reps)
- 3X90m (45 second rest between reps)
- Tabata #3 (See last page)

Wednesday (speed-endurance)

- 2 Sets: 50m-100m-150m-200m-150m-100m-50m
- Use a 3:1 Rest Ratio (ex. if it takes 30seconds to run 150m, then rest for 1:30 before the 200m)
- Tabata #4 (See last page)

Tuesdays and Thursdays:

- 30 min yoga

Week 4

Monday and Friday (sprint speed)

- 5X30m (45 second rest between reps)
- 5X60m (45 second rest between reps)
- 5X90m (45 second rest between reps)
- Tabata #1 (See last page)

Wednesday (speed-endurance)

- 3 Sets: 50m-100m-150m-200m-150m-100m-50m
- Use a 2:1 Rest Ratio (ex. if it takes 30seconds to run 150m, then rest for 1:00 before the 200m)
- Tabata #2 (See last page)

Tuesdays and Thursdays:

- 30 min yoga

Week 5

Monday and Friday (sprint speed)

- 6X30m (30 second rest between reps)
- 6X60m (30 second rest between reps)
- 6X90m (30 second rest between reps)
- Tabata #3 (See last page)

Wednesday (speed-endurance)

- 3 Sets: 50m-100m-150m-200m-250m-200m-150m-100m-50m
- Use a 2:1 Rest Ratio (ex. if it takes 30seconds to run 150m, then rest for 1:00 before the 200m)
- Tabata #4 (See last page)

Tuesdays and Thursdays:

- 30 min yoga

PHASE 3 – SPRINT ENDURANCE & RECOVERY-- Weeks 6 & 7 (Oct. 5 – 16)

Mondays & Fridays:

- 3x 2 minute run @75% with 2 minute walk between runs
- 2 Minute Cool Down (Active Rest)
- 1 set 12x100s @ 75% -- Walk Back to start (no more than 2 minutes between runs)
- 20-40-20 Runs:
 - 12x20s @ sprint speed – Rest 45 seconds between runs
 - 10x40s @ sprint speed – Rest 60 seconds between runs
 - 12x20s @ sprint speed – Rest 60 seconds between runs
- Tabata #1 or 2 (See last page)

Wednesdays:

- Interval Runs: 30-60-30 Runs:
 - 5x30 seconds @ 75%, 30 seconds @ 50%
 - 5x60 seconds @ 75%, 60 seconds @ 50%
 - 5x30 seconds @ 75%, 30 seconds @ 50%
- 3 Minute Cool Down (Active Rest)
- 30/30/30 Runs – Build-up:
 - 10 x jog 30/ sprint 30/ jog 30 –Rest 30 seconds between runs
- 20-40-20 Runs
 - 12x20s @ sprint speed – Rest 45 seconds between runs
 - 10x40s @ sprint speed – Rest 60 seconds between runs

- 12x20s @ sprint speed – Rest 60 seconds between runs
- Tabata #3 or 4 (See last page)

Tuesdays and Thursdays:

- 45 min yoga

The Tabata Program

The Tabata workout lasts only four minutes, but is one of the longest four minutes you'll encounter. The structure of the program is:

- Workout hard for 20 seconds
- Rest for 10 seconds
- Complete eight rounds (4 rounds for our Mini-Tabatas)

For our purposes, we will be doing “Mini-Tabatas”, which will consist of only 4 Rounds rather than 8 Rounds, which equates to 2-minute sets. You push yourself as hard as you can for 20 seconds and rest for 10 seconds until you complete four sets. Then you rest for one minute, then move on to the next exercise.

Mini-Tabata #1

- 2 Legged squats
- Push-ups
- Switch Lunges – lunges with leap up and switch front leg
- Abs: Bridge
- Abs: Side bridge (lat abs)

Mini-Tabata #2

- Speed Skaters – leap side to side from one leg to the other; regain balance on one leg, then leap again
- Push-ups with Claps at the top
- 1 Legged Squats (Right Leg)
- 1 Legged Squats (Left Leg)
- Abs: Flutter kicks
- Abs: Side bridge (lat abs)

Mini-Tabata #3

- Switch Lunges -- lunges with leap up and switch front leg
- Push-ups
- 2-legged jump tucks – jump and get knees up to chest
- Abs: Leg extensions – with ankles together and heels & hands off ground, extend legs fully out, then back
- Abs: Side bridge (lat abs)

Mini-Tabata #4

- 2-legged side to side hops (to cones at least 4 feet apart)
- Push-ups with Claps at the top
- 2 Legged forward hops over cones – cones at least 3 feet apart
- Mountain Climbers – hands on ground in push-up position; alternate front & back legs (one knee up to chest, other extended back)
- Abs: Side bridge (lat abs)

If you have questions about any of these exercises, Google them for further explanation.