

6 week soccer fitness plan
Athletic development - Vern Gambetta

Week 1 - Reestablish routine

Monday

1 x 10 minute run at 70% ; 5 minute recovery
3 x 5 minute run at 75% ; 3 minute recovery between runs

Tuesday

20 x 30/30 at 75%
Strength training: total body

Wednesday

Active rest

Thursday

8 minutes of continuous hill runs + 5 minutes of hard run
Strength training: Full body

Friday

6 x 2 minute runs at 85% with 3 minute walking recovery

Saturday

30 minute steady run at 70% effort of game.

Sunday

Rest

Week 2 - Work to work

Monday

1 x 10 minute run at 70% ; 5 minute recovery
3 x 5 minute run at 75% ; 3 minute recovery between runs

Tuesday

24 x 30/30 at 75%
Strength training: full body
Core strength

Wednesday

Active Rest

Thursday

8 minutes of continuous hills; 3 minutes of recovery + 4 minutes of hills + 5 minutes of hard running
Strength training: full body
Core strength

Friday

45-second run, 60 second run, 75 second run, 60 second run, 45 second run at 80% effort.
Rest is the time of the next run.

Saturday

30 minute steady run at 70% effort of game.

Sunday

Rest

Week 3 - Recover and go

Monday

1 x 10 minute run at 70% ; 5 minute recovery
3 x 5 minute run at 75% ; 3 minute recovery between runs

Tuesday

24 x 30/30 at 80%
Strength training: full body
Core strength

Wednesday

Active Rest

Thursday

8 minutes of continuous hills
;3 minutes of recovery then 6 minutes of hills + 5 minutes hard run
Strength training legs
Core strength

Friday

Agility; Footwork and change of direction

Saturday

Field circuit #1 x 3
Core strength

Sunday

Rest

Week 4 - More Quality Work

Monday

Speed acceleration

Agility; footwork

Tuesday

Staircase 30/30s (30 second runs at various intensities)

70% - 75% - 80% x 2 sets (3 minute jog rest)

75% - 80% - 85% x 2 sets (3 minute jog rest)

80% - 85% - 90% x 2 sets (3 minute jog rest)

Strength training: total body

Core strength

Wednesday

Active Rest

Thursday

Hill sprints 12 x 100m

Strength Training legs

Core Strength

Friday

Agility: footwork and change of direction

Saturday

Field Circuit #1 x 3

Core Strength

Sunday

Rest day

Week 5 - Focussed Hard Effort

Monday

Speed acceleration

Agility; footwork

Tuesday

Staircase 30/30s (30 second runs at various intensities)

70% - 75% - 80% x 2 sets (3 minute jog rest)

75% - 80% - 85% x 2 sets (3 minute jog rest)

80% - 85% - 90% x 2 sets (3 minute jog rest)

Strength training: total body

Core strength

Wednesday

Active Rest

Thursday

Hill sprints 12 x 100m

Strength Training legs

Core Strength

Friday

Agility: footwork and change of direction

Saturday

Field Circuit #1 x 3

Core Strength

Sunday

Rest day

Week 6 - Focussed Hard Effort

Monday

6 minute run test - how many meters in 6 minutes

Tuesday

Staircase 30/30s (30 second runs at various intensities)

70% - 75% - 80% x 2 sets (3 minute jog rest)

75% - 80% - 85% x 2 sets (3 minute jog rest)

80% - 85% - 90% x 2 sets (3 minute jog rest)

Strength training: total body

Core strength

Wednesday

Active Rest

Thursday

Hill sprints 10 x 100m

Strength Training legs

Core Strength

Friday

300 yard shuttle test

Saturday

Field Circuit #1 x 3

Core Strength

Sunday

Rest