

Spring 2020
Pre-Season
Workout



WEEK 1	MORNING 45 MIN WORKOUT	EVENING 30 MIN TECHNICAL AND 15 LADDER WORKOUT
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Monday	Rest	Skill Challenge	Motor Skill workout (Ladders)
Tuesday	Conditioning & Strength	Skill Challenge	Motor Skill workout (Ladders)
Wednesday	Rest	Skill Challenge	Motor Skill workout (Ladders)
Thursday	Conditioning & Strength	Skill Challenge	Motor Skill workout (Ladders)
Friday	Rest	Rest	
Saturday	Conditioning & Strength	Skill Challenge	Motor Skill workout (Ladders)
Sunday	Rest	Rest	



# of weeks	Tuesday	Thursday	Saturday
1.	10 X (1 min running , 1 min walking)	5 x (2 min running, 4 min walking)	5 x (2 min running, 4 min walking)
2.	4 x (3 min running, 3 min walking)	4 x (3 min running, 3 min walking)	3 x (5 min running, 3 min walking)
3.	3 x (7 min running, 2 min walking)	3 x (8 min running, 2 min walking)	3 x (8 min running, 2 min walking)
4.	3 x (8 min running, 2 min walking)	5 x (10 min running, 2 min walking)	3 x (8 min running, 2 min walking)
5.	3 x (9 min running , 1 min walking)	2 x (12 min running, 2 min walking) plus 5 min running)	3 x (8 min running, 2 min walking)
6.	2 x (15 min running, 1 min running)	3 x (8 min running, 2 min walking)	5 k
ADVICE	Run in a slow pace that allowed conversation , do not force yourself, if you can not run certain stage, slow done or continue walking fast.		



Strength Workout

Use videos online at www.chicagocitysoccerclub.com/homework for examples of different Sit Ups, Push-ups & Planks

One set
x 6 Reps

45 seconds Push-Ups

45 seconds Rest

45 Seconds Sit-Ups

45 seconds Rest

45 seconds Plank

45 seconds Rest

