

2019 LANCASTER MEN'S SOCCER PRESEASON

The following is a preseason fitness program that should be completed prior to the beginning of preseason workouts. The program is designed to prepare you for preseason. If you are conscientious in your approach, the benefits will be as follows:

1. Less likely to get injured
2. Greater opportunity to make the team
3. Psychologically you become more confident
4. Allows for more time on tactics than fitness
5. Allows for more time to prepare for opposition, and we are certainly limited on time
6. Overall benefit to team and program success
7. Allows you to pass a fitness test

Week 1

Day 1: 2 mile run, 50 push ups + 100 sit ups. Sprints 25 yards — out and back (50 yards), 10 seconds rest each sprint. 5x1 (1 min rest), 4x1 (1 min rest), 3x1 (30 sec rest), 2x1 (15 sec rest) 1x1.

Day 2: 1 mile run, 200 sit ups + 3x30 standing squats 90 degrees, no weight. Shuttle sprints with ball 5,10 and 15 yard distance x 5, 45 sec rest each one. 3 min rest then repeat.

Day 3: 4 mile run, 100 push ups, 200 sit ups.

Day 4 Off

Day 5: Repeat day 2

Day 6: 3 mile run, 100 push ups + 200 sit ups, 5x50 yard shuttles (out and back) with ball and 30 sec rest. Take 3 min rest after 5 and then repeat

Day 7 Off

Week 2

Day 1: 4 mile run, 200 sit ups, 6 x 220 yards (walk a 220 in between)

Day 2: 1 mile run, hopping 20 yard out and 20 yard back x 5 30 sec rest each one. 1 min rest after 5, then repeat. Alternate legs.

Day 3: 1 mile run easy, 2 mile run for time. Target = 12 min or under group A, 13 min or under group B (Your target should to be the A group.)

Day 4 Off

Day 5: 3 mile run, 100 push ups + 200 sit ups. 5, 10, 15, 20, 25 yard shuttles with the ball x 5. 1 min rest each one. 5 min rest then repeat without the ball.

Day 6: 1 mile run, 100 push ups + 200 sit ups, 10 x 100 yard. Walk back after each one. Work on power, stride and control.

Day 7 Off

Week 3

Day 1: ½ mile warm-up jog, 1 mile run for time, 2 min rest, ¾ mile jog 75%, 1 min rest, ½ mile run for time, 3 min rest, 2 x ¼ mile for time (2 min rest in between). 200 sit ups

Day 2: 4 mile run. 100 push ups + 200 sit ups. 3x30 standing squats 90 degrees, no weight

Day 3: 1 mile run. Dribbling a) 10x20 yard easy pace, b) 10x30 yard 75%, c) 10x30 yard 2 min rest, 10x20 yard 2 min rest, 10x10 yard 100%. 10 sec rest each sprint

Day 4 Off

Day 5: ½ mile jog war-up, 2 mile run for time. 1 mile jog warm-down.

Day 6: Repeat day 3 of this week

Day 7 Off

Week 4

Day 1: 3 mile run, 100 push ups + 200 sit ups. 5, 10, 15, 20, 25 yard shuttles with ball x 5. 45 sec rest each one, 4 min rest after 5 then repeat without ball

Day 2: 1 mile run, 20 yard out and back hopping x 5. 20 sec rest each one, 1 min rest after 5 then repeat. 4 x 440 yard with 2 min rest in between. 200 sit ups

Day 3: 2 mile run, 100 push ups + 200 sit ups. 3 x 30 standing squats 90 degrees, no weight. 5 x 100 yard sprint with ball 30 sec rest. 1 min rest, then 5 x 50 yard sprint with ball, 30 sec rest. 2 min rest then 2 x 100 yard without ball, 30 sec rest, 2 x 50 yard without ball, 15 sec rest.

Day 4 Off

Day 5: 4 mile run, 100 push ups + 200 sit ups, 6 x 150 yard 1 min rest, 3 min rest, 6 x 75 yard 30 sec rest

Day 6: 3 x 1 mile run, 1st 70%, 2nd 85%, 3rd for time (3 min rest each one). 100 sit ups + 50 push ups. 5 x 25 yard shuttle sprints with ball, 10 sec rest, after 5, 2 min rest then repeat without ball.

Day 7 Off

It is important to warm-up before and warm-down after each session.

It is vital that you try to complete this 4 week program. If you are presently playing you can start the program 4 weeks before we return. However, if you are not playing at the moment, start the program now and repeat certain weeks. There is no substitute for playing, but that alone will not prepare you for preseason. You should be working out at least 5 days a week.

I hope you have a great summer, see you in the last week of June.

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