



Summer Workout Planner

Below is a guide of how to incorporate a solid summer workout plan that can easily fit into your holiday schedule. Each workout should be fun, challenging and progressive. IE, as you find something easier, increase the distance, increase reps or complete the exercise quicker.

*This planner is a guide for each players benefit. This is **not mandatory**, but something we highly recommend at Shoreline FC for its players.*

Stage 1: Mid June – Early July: **Rest**

After a tough year at school (academically) & playing sports (physically), your body needs rest. You can do a lot of damage and create burn out **IF** you do not recharge. Lie on a beach, swim in a pool, read books, go fishing, etc. Any exercise should be recreational (for fun), not competitive unless organized and designed to be less strenuous.

Stage 2: Early July – Mid July: **Stretch & Core Strengthening (for exercises see below)**

As your body is healing and recharging, you can begin to address your flexibility and core strengthening. Pilates, Yoga, Swimming, biking, hiking, etc. will be a great beginning to the rebuilding core strength. Stretching and flexibility will be vital to injury prevention throughout the season.

Stage 3: Mid July – Late July: **Begin Cardiovascular Training**

Now that your body is repaired, stretched and ready to be worked out. Start off with a 1-mile run 3-times a week (timed). Increase core workouts and spend at least 10-mins on your cool down stretching. **Introduce ball work; Shoreline moves, ball touches, juggling & dribbling. See clip;** <http://www.youtube.com/watch?v=-2ljw3GK2sl>

Stage 4: Early August – Mid August: **The Hard Work Begins!**

You have prepared your body, so now ramp up your workouts! Increase the distance of your runs to 2-miles (timed) 3-times a week. Maintain your core workouts, but introduce sprint work (20yd sprints / 30-sec rest / repeat 10 times) on your off days. **Upgrade ball work to include striking the ball over 10 – 25yds (both feet) and running with the ball at speed.**

Stage 5: Mid August – Late August: **Soccer Shape**

With all of the workouts coming together, you should be ready for intense soccer training. Our club preseason will bring everything together with small sided games, intense exercises and preseason friendlies. Our aim is to reach the start of the season in good soccer shape and **WITHOUT** picking up niggling injuries or strains.

Stage 6: Labor Day Weekend: **Season Begins!**

How prepared you are for the start of the season will be a direct result of the effort and dedication **YOU** have put in over the summer. **Character: Is what you do when nobody is watching!**

HELPFUL TIPS:

- **HEALTH:** Consult a physician IF you feel you cannot complete the above workout planner OR you feel dizzy, light headed, sick or an injury whilst working out.
- **HYDRATION:** We advise that you drink water constantly throughout the summer. As your workouts increase, so should your water consumption. Minimum of 100oz of water a day.
- **POST WORKOUT MEAL:** After EVERY workout, please eat within 1-hr to restore lost energy. Highly recommended meal; Chocolate milk, Turkey sandwich on wheat bread.
- **DIET:** Follow a balanced diet that will prove your body with energy and nutrients it will need to complete these workouts.
- **REST:** It is advised that you sleep for at least 8-9 hours a night to allow your body adequate time to rest and recuperate from the vigor's of your workout program and summer activities.
- **STREET SOCCER:** Any time you can play a pick-up game of soccer for 45-min or more; ALWAYS substitute that day's workout for a game!
- **RUNNING TRACK:** We recommend you use your local High School track for gauging distance of runs. A regular running track is 400-yds in circumference; 1-lap = ¼ mile, 4-laps = 1 mile, etc.

Strength & Core Training

- **Knee Bends:** Bend your left leg (right angle to the floor, with knee over your ankle), straighten your right leg, and balance your weight over your bent leg. Lower your back leg knee to the floor (slowly) and straighten. Repeat 25-times. Changed sides (straightened leg) and repeat.
- **Push Ups:** Regular Push-Ups OR Assisted Push-Ups (with knees on ground)
- **Side Planks:** Push-up into a side plank. Raise right hand into the air in a straight line through your body to the opposite hand – repeat on the other side



- **Spiderman Push-Ups:** Do a push-up, when you return to the top, bring one knee to your elbow (ex. Right to right) – back down – repeat on other side



- **Regular Plank:** Body flat, elbows under your shoulders, hold firm for a timed count.
- **Spiderman Plank:** (from a push-up position) with knee raises 1: Stay in plank and bend knee to the elbow on same side of body. Repeat *(See picture above, hold at the top of the push-up position and perform motion with legs)*

- **Twisting Plank:** (from a push-up position) with knee raises 2: Stay in plank and bend knee across your body to opposite elbow (twist at your hips)



- **Scorpion Stretch:** Lay flat on your stomach with arms out wide (make a star). Bring right foot to left hand (or as close as you can get) bend your knee and keep your upper torso on ground - alternate legs



- **Iron Cross Stretch:** Lay on your back with arms out straight (make a star). Keep one leg straight and raise it up leaving the other on the ground, then bring the raised leg across your body while keeping your upper torso on ground. This should be a circular motion (up across, back to the ground where it began – repeat on the other side)



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