Off-Season Conditioning Plan

This is your 4-day per week conditioning plan designed to take you right up until preseason. Start this program 8 weeks prior to preseason and I assure you an outstanding fitness level. When working on your own only YOU know if you are truly working hard enough. Be honest with yourself and be motivated to give it your all!

Follow the Calendar for the type of activity prescribed on any given day. Each day has 2 components – the *Warmup* and the *Workout*.

Click on the warmup for the Instagram video demonstrating each exercise. Warmups include technical, speed, agility, and plyometric exercises.
The workout will have a code for example, "SI1" or "Sprint Interval 1". Use the tables below to look up the exact description of the workout by week. Some descriptions are given in percentages, this is assuming 100% is a full sprint.

Before performing any of the workouts it is recommended you perform a dynamic warmup and stretch. After all workouts you should stretch.

There is no substitute for being fit!
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* If playing in a league, use the game days in place of any given rest day.
Be sure to give yourself 1-2 rest days per week.*

Final note: The workouts are composed of straight line running. Soccer is not a game of straight line running. To reduce the likelihood of preseason injuries it is important to incorporate *soccer-specific* movements into the Off-Season. This is where the warmups come into play. These include jumping, cutting, shuffling, backpedalling, etc., at *game-like intensity*.

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Pelada Soccer Coaching
Preseason Conditioning Plan

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	M	T	W	Th	F	Sa	Su	Total Weekly Mileage
				Week 1				
Warmup		Linear Acceleration	Box Drills		Ball work Ladder	Lateral Acceleration		6.25
	Rest			Rest			Rest	
Workout		LL1	MD1		SI1	SH1		
				Week 2				
Warmup		Hurdle & Sprint	Cutting Drills		1,000 touch warmup	Agility Ladder to Sprint		6.25
	Rest			Rest			Rest	
Workout		LL1	MD1		SI1	SH1		
				Week 3				
Warmup		Linear Acceleration	Box Drills		Ball work Ladder	Lateral Acceleration		7.3
	Rest			Rest			Rest	
Workout		LL2	MD2		SI2	SH2		
				Week 4				
Warmup		Hurdle & Sprint	Cutting Drills		1,000 touch warmup	Agility Ladder to Sprint		7.3
	Rest			Rest			Rest	
Workout		LL2	MD2		SI2	SH2		
				Week 5				
Warmup		Linear Acceleration	Box Drills		Ball work Ladder	Lateral Acceleration		8.95
	Rest			Rest			Rest	
Workout		LL3	MD3		SI3	SH3		
				Week 6				
Warmup		Hurdle & Sprint	Cutting Drills		1,000 touch warmup	Agility Ladder to Sprint		10.45
	Rest			Rest			Rest	
Workout		LL4	MD4		SI4	SH4		
				Week 7				
Warmup		Linear Acceleration	Box Drills		Ball work Ladder	Lateral Acceleration		9.55
	Rest			Rest			Rest	
Workout		LL5	MD5		SI5	SH5		
				Week 8				
Warmup		Hurdle & Sprint	Cutting Drills		1,000 touch warmup	Agility Ladder to Sprint		6.95
	Rest			Rest			Rest	
Workout		LL6	MD6		SI6	SH6		
			Week of Preseason					

Long & Low Tempo – Continuous run for the given distance, alternating between high and low intensities at the given ratios.

LL1	3 miles	30 sec @ 75%	2 min @ 50%
LL2	3 miles	1 min @ 75%	2 min @ 50%
LL3	4 miles	1.5 min @ 75%	2 min @ 50%
LL4	4 miles	2 min @ 75%	2 min @ 50%
LL5	5 miles	2 min @ 75%	1.5 min @ 50%
LL6	3 miles	2 min @ 75%	1 min @ 50%

Short & High Tempo – Continuous run for the given distance, alternating between high and low intensities at the given ratios.

SH1	2 miles	15 sec @ 80%	45 sec @ 60%
SH2	2 miles	20 sec @ 80%	40 sec @ 60%
SH3	3 miles	20 sec @ 80%	40 sec @ 60%
SH4	4 miles	25 sec @ 80%	35 sec @ 60%
SH5	3 miles	25 sec @ 90%	35 sec @ 60%
SH6	2 miles	30 sec @ 90%	30 sec @ 60%

Mid-Distance Interval – Run the given distances under the goal time (example "200 meters in 30 s"), followed by the given rest period. Repeat by the number indicated (example "8x").

	Distances	Goal time*	Rest time	Total Distance
MD1	8x 200 m	30 s	60 s	1 miles
MD2	2x 800 m 4x 400 m	120 s (2 min) 60 s	240 s (4 min) 120 s	2 miles
MD3	16x 100 m 4x 200 m	15 s 30 s	45 s 60 s	1.5 miles
MD4	8x 400 m	60 s	120 s	2 miles
MD5	1x 1600 m	6 min		1 mile
MD6	4x 200 m 4x 400 m	30 s 60 s	60 s 120 s	1.5 miles

The goal times are meant to be extremely challenging. Aim to get as close as possible.

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Sprint Interval – *Perform a light 1 mile warm-up*. Run the given distances at full sprinting speed, followed by the given rest period. Repeat by the number indicated.

	# of sprints	Distance	Rest time	Total Distance
SI1	10x	40 m	30 s	400 m
SI2	12x	40 m	30 s	480 m
SI3	12x	60 m	40 s	720 m
SI4	18x	40 m	30 s	720 m
SI5	15x	60 m	40 s	900 m
SI6	12x	60 m	40 s	720 m

Good Luck from Pelada Soccer!

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