

# The Young Women's Leadership School

## Varsity Soccer Summer Workout

### Guide for this program:

- This is a workout program for the summer training.
- You will need to look up any of the exercises you do not understand. You can easily find pictures and demonstrations on youtube. Watch the video provided from Alyssa and ask questions.
- Any questions contact Cathy by either email : Catherine@tywls-astoria.org or text/call 914-924-3653.
- Or Caitlin McCaffrey by email: caitlinmc@tywls-astoria.org

### Monday Schedule (Distance and Strength Training):

**Conditioning: 20 Minutes distance run**

**Abs:**

- a. 3 sets of 25 crunches
- b. 2 sets of 30 oblique crunches, each side
- c. 2 sets of 50 twist crunches
- d. 1 minute of planks (flat back)
- e. 2 minutes of mountain climbers

**2 sets of 1 minute pushups**

**Body Squats:**

- a) 3 sets of 15 squats

### Tuesday Schedule (Speed and Agility):

**Dynamic Run: YOU NEED TO REPEAT THIS COMBINATION FOR 20 MINUTES STRAIGHT!**

- 20 seconds jogging... followed by...
- 20 seconds sprinting...followed by...
- 20 seconds jogging... followed by...
- 20 seconds sprinting

**Agility: YOU NEED TO REPEAT THIS COMBINATION 10 TIMES**

- Jog 100 yards, then
- Walk 100 yards

### Wednesday Schedule (Agility and Plyo):

**Agility: Repeat 5 times**

Jump rope: 1 minute of continuous jump rope and then 30 second rest.

**Abs:**

3 sets of 25 crunches

2 sets of 30 oblique crunches, each side

2 sets of 50 twist crunches  
1 minute of planks (flat back)  
2 minutes of mountain climbers  
2 sets of 1 minute pushups

**Plyometrics: Repeat 4 times**

Box Jumps: 30 Seconds with 1 minute rest

**Thursday Schedule (Weights and Fitness Test)**

**Distance Run:**

1.5 miles and time it! Track your time from week to week

**Body Squats:**

3 sets of 15 squats

**Friday Schedule (Distance and Plyometrics)**

**Distance Run:**

20 minute distance run

**Plyometrics:** Repeat 4 times

Side to Side Cone Hops: 30 seconds with 1 minute rest

Squat Jumps: 30 seconds with 1 minute rest

**Abs:**

- 3 sets of 25 crunches
- 2 sets of 30 oblique crunches, each side
- 2 sets of 50 twist crunches
- 1 minute of planks (flat back)
- 2 minutes of mountain climbers
- 2 sets of 1 minute pushups

**Saturday Schedule (Speed and Weights)**

**Speed:**

- 5 sets of 10 yard sprints with 10 seconds rest in between.
- 5 sets of 20 yard sprints with 20 seconds rest in between.
- 5 sets of 50 yard sprints with 40 seconds rest in between.

**Body Squats:**

- 3 sets of 15 squats.