

JMU Women's Soccer - JULY 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Recovery 3 Mile easy Jog @ 60% (~120 BPM)	30 PAL Workout 15	1 1. Warm Up 2. 1 x 400yd 1.14 (3.00) 3. 3 x 300yd shut 1:03 (2.00 walk back) 4. 2 x 40yd each [zig-zag cuts, 2x360° turns, 4x180 turns] @ 90% 5. 10 x 20yd back pedals 6. Stretch	2 Rest Day Do this Yoga for Athletes video routine http://www.youtube.com/watch?v=mjQvwMZvfw	3 PAL Workout 16	4 1. Warm Up 2. 2 Mile Jog 16:00 (8:00/mile) 3. Stretch HAPPY Independence Day!	5 Rest day Do this Core video http://youtu.be/e5alUjVYV1 Then do Stretch video http://youtu.be/P8DOZRtIEQ
6 1. Warm Up 2. 4 Mile easy Jog @ 60% (~120 BPM) 3. Stretch	7 DeLoad – No Lift	8 1. Warm Up 2. 4 x 400yd 1.18 (2.30) 3. 6 x 100yd 0.17 (1.00 jog back) 4. 2 x 40yd each [zig-zag cuts, 2x360° turns, 4x180 turns] @ 90% 5. 10 x 20yd back pedals	9 Rest Day Do this Yoga for Athletes video routine http://www.youtube.com/watch?v=mjQvwMZvfw	10 DeLoad – No Lift Jump Rope 10 x 0.30 (0.30)	11 Rest day Do this Core video http://youtu.be/e5alUjVYV1 Then do Stretch video http://youtu.be/P8DOZRtIEQ	12 1. Warm Up 2. 1 Mile Run On a track 6:14 run (rest 4:00) 3. ½ Mile Run 3:05 4. Cool-down & Stretch
13 Recovery 4 Mile easy Jog @ 60% (~120 BPM)	14 NEW PAL Sheet Starts PAL Workout 17	15 1. Warm-up 2. 8 x 200yd 0.36 (1.20) 3. 8 x 50yd 0.09 (0.30 jog back) 4. 3 x 40yd each [zig-zag cuts, 2x360° turns, 4x180 turns] @ 90% 5. 10 x 20yd Carioca	16 Rest Day Do this Yoga for Athletes video routine http://www.youtube.com/watch?v=mjQvwMZvfw	17 PAL Workout 18 1. 2x300yd Shuttle 1.05 (2.30) [50yd x 6] 2. 3x60yd Shuttle 0.14 (1.00) [out & back 5-10-15yd] 3. 10 x 20yd back pedals	18 Rest day Do this Core video http://youtu.be/e5alUjVYV1 Then do Stretch video http://youtu.be/P8DOZRtIEQ	19 7:00am 1. Warm Up 2. 400/300 Test 3. Cool-down & Stretch
20 7:00am 1. Warm Up 2. 100's Test 3. Cool-Down & Stretch	21 PAL Workout 19 Rest day Do this Core video http://youtu.be/e5alUjVYV1 Then do Stretch video http://youtu.be/P8DOZRtIEQ	22 Rest day Relax	23 Rest Day Do this Yoga for Athletes video routine http://www.youtube.com/watch?v=mjQvwMZvfw	24 PAL Workout 20 Swim and tread water for a few hours, have fun	25 1. Warm-up 2. 2 x 400yd 1.14 (walk 100yd 3.00) 3. Rest 5.00 4. 3 x 300yd shuttle [50yd x 6] 1.02 (2.30) 5. Cool-down & Stretch	26 Rest day
27 Recovery 3 Mile easy Jog @ 60% (~120 BPM)	28 PAL Workout 21	29 7:00am 1. Warm Up 2. 400/300 Test 3. Cool-down & Stretch	30 7:00am 1. Warm Up 2. 100's Test 3. Cool-Down & Stretch	31 PAL Workout 22	1 1. Warm Up 2. 6x60yd Shuttle 0.14 (1.00) [out & back 5-10-15yd] 3. 10 x 20yd back pedals	2 Rest day PAL = Plyos, Agility, Lift

