

JMU Women's Soccer - JUNE 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Day Off	2 PAL Workout 7	3 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 6. Stretch	4 Rest Day Do this Yoga for Athletes video routine http://www.youtube.com/watch?v=mjQvwMZvfw	5 PAL Workout 8	6 1. Warm Up 2. 4 Mile Run 30:00 (7:30/mile) 3. Stretch	7 Rest day Do this Core video http://youtu.be/e5aUjVYV1I Then do Stretch video http://youtu.be/P8DOZRtIEQ
8 1. Warm Up 2. 4 Mile easy Jog @ 60% (~120 BPM) 3. Stretch	9 NEW PAL Sheet Starts PAL Workout 9	10 Recovery 3 Mile easy Jog @ 60% (~120 BPM)	11 Rest Day Do this Yoga for Athletes video routine http://www.youtube.com/watch?v=mjQvwMZvfw	12 PAL Workout 10 1. 4 x 400yd 1.18 (2.30) 2. 6 x 100yd 0.17 (1.00 jog back) 3. 2 x 40yd each [zig-zag cuts, 2x360° turns, 4x180 turns] @ 90% 4. 10 x 20yd back pedals	13 Rest day Do this Core video http://youtu.be/e5aUjVYV1I Then do Stretch video http://youtu.be/P8DOZRtIEQ	14 1. Warm Up 2. 1 Mile Run On a track 6:15 run (rest 4:00) 3. ½ Mile Run 3:10 4. Cool-down & Stretch
15 Recovery 4 Mile easy Jog @ 60% (~120 BPM)	16 PAL Workout 11	17 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	18 Rest Day Do this Yoga for Athletes video routine http://www.youtube.com/watch?v=mjQvwMZvfw	19 PAL Workout 12 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	20 Rest day Do this Core video http://youtu.be/e5aUjVYV1I Then do Stretch video http://youtu.be/P8DOZRtIEQ	21 1. Warm Up 2. 1.5 Mile Run On a track 9:30 run (rest 5:00) 3. ½ Mile Run 3:05 4. Cool-down & Stretch
22 Recovery 3 Mile easy Jog @ 60% (~120 BPM)	23 PAL Workout 13	24 1. Warm-up 2. 10 x 100yd 0.17 (0.40) 3. 4 x 100yd shuttle 0.21 (0.45) [25yd x 4] 4. 2 x 40yd each [zig-zag cuts, 2x360° turns, 4x180 turns] @ 90%	25 Rest Day Do this Yoga for Athletes video routine http://www.youtube.com/watch?v=mjQvwMZvfw	26 PAL Workout 14	27 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	28 Rest day
29 Recovery 3 Mile easy Jog @ 60% (~120 BPM)	30 PAL Workout 15					PAL = Plyos, Agility, Lift

