

# JMU Women's Soccer

## May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	10 Graduation
<b>EXAM WEEK</b>						
<b>11 Mother's Day</b> 1. Warm Up 2. 3 Mile Run 21:30 (7:10/mile)	<b>12 Plyos, Agility &amp; Lift Workout 1</b>	<b>13</b> 1. Warm Up 2. 35 min Road Run 3-5 Miles 3. Stretch ----- GK: Stationary Bike Sprint Intervals: 15 sec fast / 45 jog x 20	<b>14</b> Rest Day	<b>15 PAL Workout 2</b>	<b>16</b> 1. Warm Up 2. 2 Mile Run 14:20 (7:10/mile) [GK 1 Mile Run] 3. Rest 5:00 4. 4 x100yd <0.17 (0.45) [GK 10x T-Test (1:00)] 5. Stretch	<b>17</b> Do this Core video <a href="http://www.youtube.com/watch?v=vLN-NAazKeg">http://www.youtube.com/watch?v=vLN-NAazKeg</a> Then do Stretch video <a href="http://youtu.be/P8DOZRtIEQ">http://youtu.be/P8DOZRtIEQ</a>
<b>18</b> 1. Warm Up 2. 3 Mile Run [GK 1.5 mi] 21:30 (7:10/mile) 3. Rest 5:00 4. 6 x100yd <0.17 (0.45) 5. Stretch	<b>19</b> May Session Begins <b>PAL Workout 3</b>	<b>20</b> Recovery 2 Mile Jog @ 50% (~100) BPM ----- GK: Stationary Bike Sprint Intervals: 15 sec fast / 45 jog x 20	<b>21 TRACK</b> 1. Warm Up 2. 3 x 3 200 meters 1/2 lap (400m track) Run <0.37 then jog 200m @ 1:30 after 3 rest 2:30, Repeat for 3 sets <b>3. Stretch</b>	<b>22</b> <b>PAL Workout 4</b>	<b>23 TRACK</b> 1. Warm Up 2. <b>2 x 1 Mile Run 6:35 run (rest 4:05), repeat</b> 3. Stretch Mile times wernerga@jmu.edu ----- GK: 20x 20yd burst <b>20x 15yd diag backs</b>	<b>24</b> Rest day Do this Core video <a href="http://youtu.be/e5alUjVYV1I">http://youtu.be/e5alUjVYV1I</a> Then do Stretch video <a href="http://youtu.be/P8DOZRtIEQ">http://youtu.be/P8DOZRtIEQ</a>
<b>25</b> 1. Warm Up 2. 3 Mile Run[GK 1.5mile] 22:30 (7:30/mile) 3. Rest 5:00 4. 6 x100yd <0.17 (0.40) 5. Stretch	<b>26</b> <b>PAL Workout 5</b>	<b>27</b> Recovery 2 Mile Jog @ 55% (~110 BPM) ----- GK: Stationary Bike Sprint Intervals: 15 sec fast / 45 jog x 20	<b>28 TRACK</b> 1. Warm Up 2. <b>2 x 1 Mile Run 6:30 run (4:00), repeat</b> 3. Stretch Mile times wernerga@jmu.edu ----- GK: 20x 20yd burst <b>20x 15yd diag backs</b>	<b>29</b> <b>PAL Workout 6</b>	<b>30</b> 1. Warm Up 2. 3 Mile Run[GK 1.5mile] 21:30 (7:10/mile) 3. Rest 4:30 4. 6 x100yd <0.17 (0.40) 5. Stretch	<b>31</b> Rest day Do this Core video <a href="http://www.youtube.com/watch?v=eGQjsVvVwVbw">http://www.youtube.com/watch?v=eGQjsVvVwVbw</a> Then do Stretch video <a href="http://youtu.be/P8DOZRtIEQ">http://youtu.be/P8DOZRtIEQ</a>
June 1	2	3	4	5	6	7

