

JMU Women's Soccer, Summer 2014, Phase III

Name: _____

	Mon	Thu	Mon	Thu	Mon	Thu	Mon	Thu
	19	20	21	22				
1st	WARM - UP (Total Body Movement for 4 min)							
2nd	DYNAMICS							
3rd	EXPLOSIVE JUMPS (Full Recovery)							
Vertical Jumps	2x10	1x10	2x10	2x10				
Toe Pops		1x20		1x40				
Scissor Jumps	2x12	1x12	2x14	1x14				
Tuck Jumps	2x8		2x10					
Pogo Jumps	2x8		2x10					
4th	5-10-15yd [out & back each] AGILITY 60 yds SHUTTLES (0.35)							
R - R - R	3x ea.	3x ea.	3x ea.	3x ea.				
S - R - S	3x ea.		3x ea.					
BP - S - BP		3x ea.		3x ea.				
R - C - R	3x ea.		3x ea.					
BP - R - BP		3x ea.		3x ea.				

Write-in your weights lifted each workout.

ea. = each side, left and right

RM = repetition max, "push it to the max - lift the most you can for the listed reps"

MONDAYS and THURSDAYS

1st: Warm-up: 4 min (i.e., jump rope, jog, bike, light play)

2nd: Dynamics

- a. High Knee Pulls 10 x
- b. Quad Pulls 10 x
- c. Straight Leg Kicks 10 x
- d. Groin - Side Lunges 2 x High, 2 x Medium, 2 x Low
- e. Rapid Fire High Knees 20 x
- f. Rapid Fire Butt Kicks 20 x
- g. Spiderman Walk on all fours 10x

3rd: Explosive Jumps (full recovery)

4th: 5-10-15 yd Out & Back 60yds Shuttles (description)

R = Run (sprint)

S = Shuffle laterally

BP = Back pedal, shoulders down

C = Carioca, turn your hips

(R-C-R = run 5yd out & back, then carioca 10yd out & back, and then run 15yd out & back) rest (0.35) then repeat

5th: Lift

6th: Stretch

	Mon	Thu	Mon	Thu	Mon	Thu	Mon	Thu
	19	20	21	22				
5th	LIFT WEIGHTS							
Shoulder Series	10x 10	10x 10	10x 15	10x 15				
Barbell Thrusters [Front Squat to a Military Press]	6x 6x 6x		8x 8x 8x					
Back Squat or Bar Lunge	Lunge ea. 8x 6x 6x	Squat 8x 6x 6x	Lunge ea. 8x 6x 6RM	Squat 8x 6x 6RM				
Bar Incline Press or Dumbbell Bench Press	Bar Incline 10x 10x 10x	DB Bench 6x 6x 6RM	Bar Incline 10x 10x 10RM	DB Bench 6x 6x 6x				
Underhand Lat Pulldown or Chin-ups	UH Pulldown 10x 8x 6RM	Chin-ups 4x 4x 4x	UH Pulldown 10x 10x 10RM	Chin-ups 5x 4x 3x				
Barbell or DB Upright Row	Bar 10x 10RM	DB 10x 10RM	Bar 10x 10RM	DB 10x 10RM				
Barbell or DB Bentover Row	Bar 8x 6x	DB 8x 6x	Bar 8x 8x	DB 8x 6x				
1 Leg Romanian Deadlift & Shrug		6x 6x 6x		6x 6x 6x				
Leg Curl	8x 8x	8x 6RM	8x 8x	8x 6RM				
Leg Ext	8x 8x	8x 6RM	8x 8x	8x 6RM				
Heel Raise	8x 8x	15x	8x 8x	15x				
Tricep Pushdown	8x 8x	8x 8x	8x 8x	8x 8x				
Abs w/ wgt	100		125					
Back Ext	3x15		3x15					
6th	STRETCH (Hold Each Stretch for 20-30 seconds)							
Butterfly-Groin								
Hurdler L&R								
Quad L&R								
Push-up Calf L&R								

