

JMU Women's Soccer, Summer 2014, Phase II

Name: _____

	Mon	Thu	Mon	Thu	Mon	Thu	Mon	Thu
	9-Jun	12-Jun	16-Jun	19-Jun	23-Jun	26-Jun	1-Jun	3-Jul
1st	WARM - UP (Total Body Movement for 4 min)							
2nd	DYNAMICS							
3rd	EXPLOSIVE JUMPS (Full Recovery)							
Vertical Jumps	2x10	1x10	2x10	2x10	2x20	3x10	2x20	3x10
Toe Pops		1x20		1x40		3x30		3x40
Scissor Jumps	2x12	1x12	2x14	1x14	2x16	3x16	2x20	3x20
Tuck Jumps	2x8		2x10		2x12		2x14	
Pogo Jumps	2x8		2x10		2x12		2x14	
4th	5-10-15yd [out & back each] AGILITY 60 yds SHUTTLES (0.35)							
R - R - R	3x ea.	3x ea.	3x ea.	3x ea.	4x ea.	3x ea.	5x ea.	3x ea.
S - R - S	3x ea.		3x ea.		4x ea.	3x ea.	5x ea.	3x ea.
BP - S - BP		3x ea.		3x ea.		3x ea.		3x ea.
R - C - R	3x ea.		3x ea.		4x ea.	3x ea.	5x ea.	3x ea.
BP - R - BP		3x ea.		3x ea.		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

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5th	LIFT WEIGHTS							
Shoulder Series	10x 10	10x 10	10x 15	10x 15	10x 15	10x 15	10x 15	10x 15
Barbell Thrusters	6x		8x		10x		6x	
[Front Squat to a Military Press]	6x		8x		10x		8x	
	6x		8x		10x		10x	
Back Squat	Lunge ea.	Squat	Lunge ea.	Squat	Lunge ea.	Squat	Lunge ea.	Squat
or	8x	8x	8x	8x	8x	8x	8x	8x
Bar	6x	6x	6x	6x	6x	6x	6x	6x
Lunge	6x	6x	6RM	6RM	2x6RM	6RM	6x	6RM
Bar	Bar Incline	DB Bench	Bar Incline	DB Bench	Bar Incline	DB Bench	Bar Incline	DB Bench
Incline Press	10x	6x	10x	6x	8x	6x	10x	6x
or Dumbbell	10x	6x	10x	6x	8x	6x	10x	6x
Bench Press	10x	6RM	10RM	6x	8x	6RM	10RM	6x
Underhand Lat Pulldown	UH Pulldown	Chin-ups	UH Pulldown	Chin-ups	UH Pulldown	Chin-ups	UH Pulldown	Chin-ups
or Chin-ups	10x	4x	10x	5x	10x	5x	10x	5x
	8x	4x	10x	4x	8x	4x	10x	5x
	6RM	4x	10RM	3x	6RM	4x	10RM	5x
Barbell or DB Upright Row	Bar	DB	Bar	DB	Bar	DB	Bar	DB
	10x	10x	10x	10x	10x	10x	10x	10x
	10RM	10RM	10RM	10RM	10RM	10RM	10RM	10RM
Barbell or DB Bentover Row	Bar	DB	Bar	DB	Bar	DB	Bar	DB
	8x	8x	8x	8x	8x	8x	8x	8x
	6x	6x	8x	6x	8x	6x	8x	6x
1 Leg Romanian Deadlift & Shrug		6x		6x		6x		6x
		6x		6x		6x		6x
		6x		6x		6RM		6RM
Leg Curl	8x	8x	8x	8x	8x	8x	8x	8x
	8x	6RM	8x	6RM	8x	6RM	8x	6RM
Leg Ext	8x	8x	8x	8x	8x	8x	8x	8x
	8x	6RM	8x	6RM	8x	6RM	8x	6RM
Heel Raise	8x	15x	8x	15x	8x	15x	8x	15x
	8x		8x		8x		8x	
Tricep Pushdown	8x	8x	8x	8x	8x	8x	8x	8x
	8x	8x	8x	8x	8x	8x	8x	8x
Abs w/ wgt	100		125		125		150	
Back Ext	3x15		3x15		4x15		4x15	
6th	STRETCH (Hold Each Stretch for 20-30 seconds)							
Butterfly-Groin								
Hurdler L&R								
Quad L&R								
Push-up Calf L&R								

