

JMU Women's Soccer, Summer 2014, Phase I

Name: _____

	Mon	Thu	Mon	Thu	Mon	Thu	Mon	Thu
	12-May	15-May	19-May	22-May	26-May	29-May	2-Jun	5-Jun
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	5-10-5 yd AGILITY/FOOTWORK SHUTTLES (0.15)							
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: 5-10-5 yd Shuttles (description)

R = Run (sprint)

S = Shuffle laterally

BP = Back pedal, shoulders down

C = Carioca, turn your hips

(R-C-R = run 5yd, turn and carioca back across 10yd, turn and run back 5yd) rest (0.15) then repeat

5th: Lift

6th: Stretch

	Mon	Thu	Mon	Thu	Mon	Thu	Mon	Thu
	12-May	15-May	19-May	22-May	26-May	29-May	2-Jun	5-Jun
5th	LIFT WEIGHTS							
Shoulder Series	10x 10	10x 10	10x 15	10x 15	10x 15	10x 15	10x 15	10x 15
Bench	10x		8x		10x		6x	
Step-up	8x		8x		10x		8x	
Jumps ea.	6x		8x		10x		10x	
Front Squat	Lunge ea.	Squat	Lunge ea.	Squat	Lunge ea.	Squat	Lunge ea.	Squat
or	8x	8x	8x	8x	8x	8x	8x	8x
Barbell	6x	6x	6x	6x	6x	6x	6x	6x
Lunge	6x	6x	6RM	6RM	2x6RM	6RM	6x	6RM
Bar	Bench Press	DB Incline	Bench Press	DB Incline	Bench Press	DB Incline	Bench Press	DB Incline
Bench Press	10x	10x	10x	10x	10x	10x	10x	10x
or Dumbbell	10x	10x	10x	10x	8x	10x	8x	10x
Incline Press	10RM	10x	10RM	10RM	8RM	10RM	8RM	10RM
Lat	Pull-down	Pull-ups	Pull-down	Pull-ups	Pull-down	Pull-ups	Pull-down	Pull-ups
Pull-down	10x	3x	10x	4x	10x	4x	10x	5x
or Pull-ups	10x	3x	10x	3x	8x	4x	8x	4x
	10RM	3x	10RM	3x	8RM	3x	8RM	3x
Standing	Bar	DB	Bar	DB	Bar	DB	Bar	DB
Military	10x	8x	8x	10x	10x	10x	8x	10x
Press	10RM	8x	8x	8RM	8RM	10x	8RM	10RM
Bentover	Bar	DB	Bar	DB	Bar	DB	Bar	DB
Row	8x	8x	8x	8x	8x	8x	8x	8x
	6x	6x	8x	6x	8x	6x	8x	6x
Romanian		10x		10x		8x		8x
Deadlift &		8x		8x		6x		6x
Shrug		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	8x	15x	8x	15x	8x	15x	8x	15x
Raise	8x		8x		8x		8x	
Tricep	8x	8x	8x	8x	8x	8x	8x	8x
Pushdown	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								

