

PHS Soccer Progressive Conditioning Training

WEEK 1 – Initial Stage

Moderate Intensity

MONDAY (Endurance)

2 Mile Run @ 7:00 min/mile

WEDNESDAY (Speed)

3 Full Field Sprints
w/ 2 Minute Rest

FRIDAY (Agility/Quickness)

3 T-Cone Sprints w/ Ball - 100s rest
3 X- Drill (No Ball) - 100 s rest
4 Figure 8 Drill w/Ball and w/o - 70s rest

WEEK 2

2 Mile Run @ 6:50 min/mile

3 Full Field Sprints
w/ 2 Minute Rest

3 Shuttle Run w/ Ball and w/o - 2 min rest
3 T-Cone Sprints w/ Ball - 100s rest
3 X- Drill (No Ball) - 100 s rest
4 Figure 8 Drill w/Ball and w/o - 70s rest

WEEK 3

2 Mile Run @ 6:45 min/mile

4 Full Field Sprints
w/ 2 Minute Rest

4 Shuttle Run w/ Ball and w/o - 2 min rest
4 T-Cone Sprints w/ Ball - 90s rest
3 X- Drill (No Ball) - 90 s rest
5 Figure 8 Drill w/Ball and w/o - 60s rest

WEEK 4

2 Mile Run @ 6:35 min/mile

4 Full Field Sprints
w/ 2 Minute Rest

5 Shuttle Run w/ Ball and w/o - 2 min rest
4 T-Cone Sprints w/ Ball - 90s rest
3 X- Drill (No Ball) - 90 s rest
5 Figure 8 Drill w/Ball and w/o - 60s rest

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	<u>MONDAY (Endurance)</u>	<u>WEDNESDAY (Speed)</u>	<u>FRIDAY (Agility/Quickness)</u>
<u>Week 5</u> – Improvement Stage Increased Intensity	2 Mile Run @ 6:25 min/mile	5 Full Field Sprints w/ 2 Minute Rest	5 Shuttle Run w/ Ball and w/o - 2 min rest 4 T-Cone Sprints w/ Ball - 90s rest 3 X- Drill (No Ball) - 90 s rest 5 Figure 8 Drill w/Ball and w/o - 60s rest
<u>WEEK 6</u>	2 Mile Run @ 6:20 min/mile	8 Full Field Sprints w/ 2 Minute Rest	6 Shuttle Run w/ Ball and w/o - 2 min rest 5 T-Cone Sprints w/ Ball - 90s rest 5 X- Drill (No Ball) - 90 s rest 5 Figure 8 Drill w/Ball and w/o - 60s rest
<u>WEEK 7</u>	2 Mile Run @ 6:10 min/mile	10 Full Field Sprints w/ 2 Minute Rest	6 Shuttle Run w/ Ball and w/o - 90s rest 5 T-Cone Sprints w/ Ball - 70s rest 5 X- Drill (No Ball) - 60s rest 5 Figure 8 Drill w/Ball and w/o - 50s rest
<u>WEEK 8</u> (Maintenance Stage)	2 Mile Run @ 6:00 min/mile	10 Full Field Sprints w/ 90sec. Rest	7 Shuttle Run w/ Ball and w/o - 2 min rest 5 T-Cone Sprints w/ Ball - 50s rest 7 X- Drill (No Ball) - 60 s rest 5 Figure 8 Drill w/Ball and w/o - 45s rest