

## 2022 Soccer Summer Training Sessions

The only way to get **BIGGER, FASTER, & STRONGER** is to workout!  
 The next state championship is always the hardest. The goal is to be bigger, faster, & stronger than Siloam & Hot Springs. Spots on championship teams are earned in the offseason!!!

**\*\*8 summer workouts are offered. You have to attend 4!!!**

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Lifting</b>	<b>Running</b>	<b>Focus</b>
6/8/22	Wednesday	5-8pm	Power 3x5 (75%) - upper	Distance 1.5 miles, 12min	Shooting
6/15/22	Wednesday	TBA	Power 4x5 (80%) - Lower	Distance 2 mil, 12 min, plyos	Crossing & Finishing
6/22/22	Wednesday	TBA	Power 5x5 burn (85%) – Upper	Distance 2.5 mil, 16 min	Defending
Dead week	On your on	TBA	Power 5x5+ (90%) – Lower	Distance 3 mil. 22 mins	Passing
<b>Dead Weeks</b> – 6 <sup>th</sup> week of power lifting & distance training					
7/13/22	Wednesday	TBA	Endurance 4x15	Sprinting – same as above + down ladder (4x80...)	Skill touches
7/20/22	Wednesday	TBA	Endurance 4x20	Sprinting – time 40s & shuttle	Marking & Clearances
7/27/22	Wednesday	TBA	Endurance 4x20	Sprinting – 20, 40, 60, 80, 100, 200m, 400m	Counter attack
8/3/22	Wednesday	TBA	Endurance 4x20	Sprinting – 4x40, 3x30, 2x20, shuttle run	Set pieces
Last week of your own 12 week training is the first week of school!					