

SU Men's Soccer Weight Training/Conditioning Suggestions

1	<p style="text-align: center;">A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 3 Mile Jog – Slow Pace <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">B</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 5 20yd Sprints - 5 40yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - 3 x 10 Falling Starts - 3 x 10 Lateral Falling Starts 	<p style="text-align: center;">C</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 3 Mile Jog – Slow Pace <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 5 20yd Sprints - 5 40yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - 3 x 10 10:10 	<p style="text-align: center;">E</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 3 Mile Jog – Slow Pace <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">F</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - Rope Jumping
2	<p style="text-align: center;">A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 2 Miles @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">B</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 1 Mile Run For Speed <li style="padding-left: 20px;">- Track Surface <p>Conditioning</p> <ul style="list-style-type: none"> - 2 x 10 4 Cone Box - 2 x 10 T Drill (Sprint Only) 	<p style="text-align: center;">C</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 2 Miles @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 4 x 440yd Sprints <li style="padding-left: 20px;">- Time = Under 1:30 ea. <li style="padding-left: 20px;">- Rest = Under 1:30 <p>Conditioning</p> <ul style="list-style-type: none"> - Fast Footwork 	<p style="text-align: center;">E</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 2 Miles @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">F</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - 3 x 10 Two-fers
3	<p style="text-align: center;">A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 4 Miles @ ½ Speed <li style="padding-left: 20px;">- 7 to 8 min. miles <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">B</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 5 x 20yd Sprints - 5 x 40yd Sprints - 3 x 60yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - 3 x 10 Falling Starts - 3 x 10 Lateral Falling Starts 	<p style="text-align: center;">C</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 4 Miles @ ½ Speed <li style="padding-left: 20px;">- 7 to 8 min. miles <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 5 x 20yd Sprints - 5 x 40yd Sprints - 3 x 60yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - 2 x 10 Pick-Up Sprints 	<p style="text-align: center;">E</p> <ul style="list-style-type: none"> - Fitness Test <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">F</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - Rope Jumping
4	<p style="text-align: center;">A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 2 Miles Run For Speed <li style="padding-left: 20px;">- Track: Aim: 13 min. <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">B</p> <ul style="list-style-type: none"> - Run 3 to 4 miles <li style="padding-left: 20px;">- Slow Pace <p>Conditioning</p> <ul style="list-style-type: none"> - 3 x 10 Cone Toss - 4 x 8 Zig-Zag 	<p style="text-align: center;">C</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 2 Miles Run For Speed <li style="padding-left: 20px;">- Track: Aim: 13 min. <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - Gauntlet 	<p style="text-align: center;">E</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 2 Miles Run For Speed <li style="padding-left: 20px;">- Track: Aim: 13 min. <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">F</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 6 x 440yd Sprints <li style="padding-left: 20px;">- Time = Under 1:30 ea. <li style="padding-left: 20px;">- Rest = 1:30 <p>Conditioning</p> <ul style="list-style-type: none"> - Fast Footwork
5	<p style="text-align: center;">A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 4 Mile Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">B</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 4 x 100yd Sprints - 2 x 220 yd Sprints - 6 x 40yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - 1 x 10 150 Yd Shuttle 	<p style="text-align: center;">C</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 4 Mile Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - 3 x 8 Power Alleys 	<p style="text-align: center;">E</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 4 Mile Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">F</p> <ul style="list-style-type: none"> - Fitness Test.
6	<p style="text-align: center;">A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 30 Minute Run <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">B</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 6 x 20yd Sprints - 6 x 40yd Sprints - 3 x 60yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - 3 x 8 5-10-5 	<p style="text-align: center;">C</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 30 Minute Run <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 6 x 20yd Sprints - 6 x 40yd Sprints - 3 x 60yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - Rope Jumping 	<p style="text-align: center;">E</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 30 Minute Run <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p style="text-align: center;">F</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - Gauntlet

7	<p>A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 35 min. Run <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>B</p> <ul style="list-style-type: none"> - Fitness Test <p>Conditioning</p> <ul style="list-style-type: none"> - 4 x 10 Falling Starts - 4 x 10 Lateral Falling Starts 	<p>C</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 35 min. Run <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 4 x 440yd Sprints - Time = Under 1:15 ea. - 4 x 220yd Sprints - Time = Under 40sec. - 4 x 100yd Sprints - Time = Under 17sec. 	<p>E</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - Plyometric Training <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>F</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - 4 x 10 10:10
8	<p>A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 35 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>B</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 6 x 20yd Sprints w/ Ball - 6 x 40yd Sprints w/ Ball - 6 x 60yd Sprints w/ Ball <p>Conditioning</p> <ul style="list-style-type: none"> - 4 x 10 Stride Starts 	<p>C</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 8 x 20yd Sprints - 7 x 40yd Sprints - 6 x 60yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - 1 x 10 Acceleration Sprints 	<p>E</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 35 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>F</p> <ul style="list-style-type: none"> - Fitness Test <p>Conditioning</p> <ul style="list-style-type: none"> - Rope Jumping
9	<p>A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>B</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 4 x 440yd Sprints - Time = Under 1:15 ea. - 4 x 220yd Sprints - Time = Under 40sec. <p>Conditioning</p> <ul style="list-style-type: none"> - 2 x 8 150 Yd Shuttle 	<p>C</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 4 x 440yd Sprints - Time = Under 1:15 ea. - 4 x 220yd Sprints - Time = Under 40sec. <p>Conditioning</p> <ul style="list-style-type: none"> - 4 x 10 Cone Toss 	<p>E</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>F</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - Fast Footwork
10	<p>A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 35 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>B</p> <p>Conditioning</p> <ul style="list-style-type: none"> - Gauntlet 	<p>C</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>D</p> <ul style="list-style-type: none"> - 2 Mile Run 12 min. or Less <p>Conditioning</p> <ul style="list-style-type: none"> - 20 x 100yd sprints in 15 min (See 10 x 100 in 10 Min for ex.) 	<p>E</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 35 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>F</p> <ul style="list-style-type: none"> - Fitness Test
11	<p>A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>B</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 4 x 20yd Sprints - 4 x 60yd Sprints - 4 x 100yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - 4 x 10 Ball Drops 	<p>C</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - 50 Sprint Workout 	<p>E</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>F</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 4 x 40yd Sprints - 4 x 60yd Sprints - 4 x 100yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - Rope Jumping
12	<p>A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>B</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - Gauntlet 	<p>C</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 8 x 20yd Sprints - 6 x 40yd Sprints - 4 x 60yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - Rope Jumping 	<p>E</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>F</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - 3 x 10 Power Alley's
13	<p>A</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>B</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile - 4 x 20yd Sprints - 4 x 60yd Sprints - 4 x 80yd Sprints <p>Conditioning</p> <ul style="list-style-type: none"> - 3 x 9 Scramble Drill 	<p>C</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>D</p> <ul style="list-style-type: none"> - Slow Warm-Up Mile <p>Conditioning</p> <ul style="list-style-type: none"> - Rope Jumping 	<p>E</p> <ul style="list-style-type: none"> - Dynamic Warm-Up - 40 min. Run @ ¾ Speed <p>Exercises</p> <ul style="list-style-type: none"> - Weight Training - Plyometric Program 	<p>F</p> <ul style="list-style-type: none"> - Fitness Test