



PERFORMANCE **SOCCER** CONDITIONING

A NEWSLETTER DEDICATED TO IMPROVING SOCCER PLAYERS

www.performancecondition.com/soccer

12-Week Soccer Conditioning Program

Vern Gambetta

The workouts are set up in revolving three week cycles. A variety and changes in intensity and volume are programmed into the cycles. The specific goal of these workouts is preparing you for the work capacity demands of the game of soccer. This is not intended as a complete program that addresses all components. The assumption is that the other three days will be oriented toward soccer and the other conditioning components of speed, strength and suppleness (flexibility).

There are two high intensity workouts and one lower intensity aerobic workout scheduled per week. The aerobic workout is intended to be a recovery workout at a conversational pace. If you feel that additional aerobic work is needed then see the section at the end on supplementary aerobic workouts. None of these workouts is designed to exceed 30 min., therefore they must be done with intensity and concentration for maximum benefit. Always emphasize good running mechanics! If you are plodding through the workouts there is little or no carryover to the game and the risk of injury is greater.

The conditioning workouts consist of the following:

- Repeat 100's
- 30/30's
- One Min. Runs
- Two Min. Runs
- Ninety Second Runs
- Ten Second Bursts
- Fartlek
- Anaerobic Power Runs
- Steady Run

WARM-UP

- Run or jump rope for three to five minutes followed by two to three minutes of active stretching.

WEEK #1

REPEAT 100's

- Two sets of 8 X 100m at 20 - 24 sec with 30 sec rest between runs.
- Three min. rest between sets. (The goal is to bring the time of the run down with each cycle while maintaining the prescribed rest interval)
- Finish with a 10 min. steady cooldown run.

90 SEC RUNS

- 6 x 90 sec run with 3 min. recovery between runs.

STEADY RUN

- 20 minutes

WEEK #2

30/30's

- 10 x 30 sec run, 30 sec jog recovery.

- Finish with a 10 min. steady cooldown run.

2 MIN. RUNS

- 3 x 2 min. run with 2 min. recovery between runs.

STEADY RUN

- 25 minutes

WEEK #3

10 SEC BURSTS

- Burst hard with maximum effort for ten seconds then slow down and coast for thirty seconds. Continue for the total specified time.
- 2 sets of 5 min. - 3 min. walk between sets.
- Finish with a 10 min. steady cooldown run.

FARTLEK (SPEED PLAY)

- To simulate the demands of the game with quick starts and stops done continuously. The work bouts should vary from as short as 15 seconds to as long as 90 seconds. Run with a hard effort. Jog for recovery. Alternate in this manner until the total time objective is completed.
- 20 min. total time with 15 hard efforts dispersed throughout.

STEADY RUN

- 30 minutes

WEEK #4

REPEAT 100's

- Three sets of 6 X 100 at 18 - 22 sec with 30 sec rest between runs.
- Three min. rest between sets.
- Finish with a 10 min. steady cooldown run.

90 SEC RUNS

- 8 x 90 sec run with 3 min. recovery between runs.

STEADY RUN

- 30 minutes

WEEK #5

30/30's

- 12 x 30 sec run, 30 sec jog recovery.
- Finish with a 10 min. steady cooldown run.

2 MIN. RUNS

- 5 x 2 min. run with 2 min. recovery between runs.

STEADY RUN

- 30 minutes

WEEK #6

10 SEC BURSTS

- 2 sets of 6 min. - 3 min. walk between sets.
- Finish with a 10 min. steady cooldown run.

FARTLEK (SPEED PLAY)

- 25 min. total time with 18 hard efforts dispersed throughout.

STEADY RUN

- 30 minutes

WEEK #7

REPEAT 100's

- Two sets of 10 X 100 at 16 - 20 sec with 30 sec rest between runs.
- Three min. rest between sets.
- Finish with a 10 min. steady cooldown run.

90 SEC RUNS

- 8 x 90 sec run with 3 min. recovery between runs.

STEADY RUN

- 30 minutes

WEEK #9

30/30's

- 12 x 30 sec run, 45 sec jog recovery.
- Finish with a 10 min. steady cooldown run.

1 MIN. RUNS

- 6 x 1 min. run with 2 min. recovery between runs.

STEADY RUN

- 30 minutes

WEEK #10

10 SEC BURSTS

- 2 sets of 7 min. - 3 min. walk between sets.
- Finish with a 10 min. steady cooldown run.

FARTLEK (SPEED PLAY)

- 30 min. total time with 20 hard efforts dispersed throughout.

STEADY RUN

- 30 minutes

WEEK #11

REPEAT 100's

- Three sets of 8 X 100 at 16 - 20 sec with 30 sec rest between runs.
- Three min. rest between sets.
- Finish with a 10 min. steady cooldown run.

POWER RUNS

- 3 x 45 sec run all out with 10 - 12 min. recovery between runs.

STEADY RUN

- 30 minutes

WEEK #12

POWER RUNS

- 4 x 30 sec run all out, 5 min recovery.
- Finish with a 10 min. steady cooldown run.

2 MIN. RUNS

- 3 x 2 min. run with 2 min. recovery between runs.

STEADY RUN

- 30 minutes

Supplementary Workouts

Water Workouts

Do the workout equivalent to the land workout but add 25%. Make sure that some of the work is done in waist deep water to maintain a feel for the ground.

Stationary Bike

Do the workout equivalent to the land workout but add about one third more time. For example, instead of running 10 x 30/30's ride hard for 30 sec then pedal easy for the 30 sec rest period. Do 15 repetitions.

Stairmaster

Use regular programs but stay at level 8 or above for 30 to 45 minutes. Try to do the whole workout without holding on to the hand rails. This will work on your balance.