



Offseason Workout Plan

This is our offseason workout plan, including the scheduled days for each workout. These workouts are designed to make you more explosive, increase your speed, and improve your anaerobic fitness and endurance. Follow this plan and you will be on the right path to prepare yourself for what's to come during the season. On days when there is nothing scheduled, the expectation is an easy/moderate 2-3-mile run (a 3-mile run is 25 minutes of work at most) or getting touches on the ball individually or with a partner. Or both. Working out 5-6 days per week in late June/early July is preferred. Don't fixate on exact days of the week; focus on getting the work done for the week!

Week 1, Monday:

- 2-mile run 7-8 minute per mile pace target
- Abs
 - Crunches 3x15
 - Planks 4x30 seconds up, 30 seconds down
- Forward lunges
 - 3x10
- Side lunges
 - 3x10 each direction right and left
- Squats
 - 3x15

Week 1, Wednesday:

- 1x200-meter sprint-200-meter walk as rest
- 1x400-meter sprint-400-meter walk as rest
- 1x800-meter sprint-400-meter walk as rest—200-meter sprint—finish
- Abs
 - Crunches 3x15
 - Planks 4x30 seconds up, 30 seconds down

Week 1, Saturday:

- 3-mile run 7-8 minute per mile pace target
- Abs

- Crunches 3x15
- Planks 4x30 seconds up, 30 seconds down
- Forward lunges
 - 3x10
- Side lunges
 - 3x10 each direction right and left
- Squats
 - 3x15

Week 2, Monday:

- Box sprints (gassers) 8 reps goal line-6-yard box-18-yard box—30 second rest in between
- 40-meter sprints, 5 reps—60 seconds in between
- 4 sets Line jumps 30 seconds working 30 seconds rest forward and backward (1 leg)
- 4 sets line jumps 30 seconds working 30 seconds rest sideways (1 leg)

Week 2, Wednesday:

- 2x200-meter sprint-200-meter walk as rest
- 1x400-meter sprint-400-meter walk as rest
- 1x600-meter sprint-600-meter walk as rest
- 1x800-meter sprint-400-meter walk as rest—200-meter sprint—finish
- Abs
 - Crunches 3x15
 - Planks 4x30 seconds up, 30 seconds down

Week 2, Friday:

- 4-mile run 7-8 minute per mile target
- Abs
 - Crunches 3x15
 - Planks 4x30 seconds up, 30 seconds down
- Forward lunges
 - 3x10
- Side lunges
 - 3x10 each direction right and left
- Squats
 - 3x15

Week 3, Monday:

- Box sprints (gassers) 10 reps goal line-6-yard box-18-yard box—30 second rest in between
- 40-meter sprints, 7 reps—60 seconds in between
- 4 sets Line jumps 30 seconds working 30 seconds rest forward and backward (1 leg)
- 4 sets line jumps 30 seconds working 30 seconds rest sideways (1 leg)

Week 3, Wednesday:

- 3x200-meter sprint-200-meter walk as rest
- 2x400-meter sprint-400-meter walk as rest
- 1x600-meter sprint-600-meter walk as rest
- 1x800-meter sprint-400-meter walk as rest—200-meter sprint—finish
- Abs
 - Crunches 3x15
 - Planks 4x30 seconds up, 30 seconds down

Week 3, Saturday:

- 5-mile run 7-8 minute per mile target
- Abs
 - Crunches 3x15
 - Planks 4x30 seconds up, 30 seconds down
- Forward lunges
 - 3x10
- Side lunges
 - 3x10 each direction right and left
- Squats
 - 3x15

Week 4, Monday:

- Box sprints (gassers) 12 reps goal line-6-yard box-18-yard box—30 second rest in between
- 40-meter sprints, 9 reps—60 seconds in between
- 4 sets Line jumps 30 seconds working 30 seconds rest forward and backward (1 leg)
- 4 sets line jumps 30 seconds working 30 seconds rest sideways (1 leg)

Week 4, Wednesday:

- 4x200-meter sprint-200-meter walk as rest
- 2x400-meter sprint-400-meter walk as rest
- 2x600-meter sprint-600-meter walk as rest
- 1x800-meter sprint-400-meter walk as rest—200-meter sprint—finish
- Abs
 - Crunches 3x15
 - Planks 4x30 seconds up, 30 seconds down

Week 4, Saturday:

- 6-mile run 7-8 minute per mile target
- Abs
 - Crunches 3x15
 - Planks 4x30 seconds up, 30 seconds down

- Forward lunges
 - 3x10
- Side lunges
 - 3x10 each direction right and left
- Squats
 - 3x15

Week 5, Monday:

- Box sprints (gassers) 15 reps goal line-6-yard box-18-yard box—30 second rest in between
- 40-meter sprints, 11 reps—60 seconds in between
- 4 sets Line jumps 30 seconds working 30 seconds rest forward and backward (1 leg)
- 4 sets line jumps 30 seconds working 30 seconds rest sideways (1 leg)

Week 5, Wednesday:

- 4x200-meter sprint-200-meter walk as rest
- 3x400-meter sprint-400-meter walk as rest
- 2x600-meter sprint-600-meter walk as rest
- 1x800-meter sprint-400-meter walk as rest—200-meter sprint—finish
- Abs
 - Crunches 3x15
 - Planks 4x30 seconds up, 30 seconds down