

University Of Utah Women's Soccer



**Incoming Athlete
Program
Spring 2017**

RPE Scale

Rate of Perceived Exertion

6	no exertion at all		
7	extremely light		
8			
9	very light	Recovery	
10		Recovery	
11	light	Recovery	
12			
13	somewhat hard		
14		Aerobic	
15	hard	Low	
16		Intensity	Aerobic
17	very hard		High
18			Intensity
19	extremely hard		Anaerobic Endurance
20	maximal exertion		Anaerobic Speed

Pre-Fitness Warm Up

Exercise/Movement	Reps/Time/distance	Description of Movement
Jog	1 Lap	Start with one lap around track or field
Knee pull to lunge	20 yds.	While standing grab one knee with both hands and pull into your chest. Release knee and lunge forward with the foot released. Focus on keeping torso upright and knee stable. Repeat while walking and alternating knees.
Walking Quad Stretch	20 yds.	While standing, flex your knee and pull your ankle to you butt, while keeping your knees together. Holding that stretch, reaching opposite hand overhead. Repeat motion while walking and alternating ankles.
Forward Lunge w/ elbow to instep & open	20 yds.	Walking forward in a lunge motion, keep your chest up and sink your chest and hip down until your back knee almost touches the ground and your inside elbow is near the inside of your front foot. Pause, then stand up, lunge forward alternating legs.
Leg Cradle	20 yds.	While standing, grab one of your feet, around and under your shin, internally rotating your leg, pull your foot toward your chest attempting to get your lower leg parallel to the ground. Repeat while walking and alternating legs.
Inchworm	20 yds.	While on the ground in a push up position walk your feet up to your hands, pushing your hips up as high as possible. Then walking your hand forward and repeat. Focus on the calf stretch on the bottom and keeping your knees straight as you walk your feet up towards your hands.
Walking Cross Over	20 yds.	While standing cross one leg over the other, then bending at the hip, reach your hands to the foot of the back leg while shifting your hips in the opposite direction. Repeat in a walking motion alternating legs. Focus on keeping your back flat and your back leg straight.
1 Leg RDL	20 yds.	While holding your hand out in front of you, bend at the hip and reach down to touch the ground. At the same time raise opposite leg up behind one. Repeat in a walking motion alternating leg. Focus on keeping your body in a straight line, back straight and not flexing forward through your torso.
Walking Toe Touch	20 yds.	While holding your hand out in front of you, kick one leg up to touch your hands. Repeat in a walking motion alternating leg. Focus on keeping both knees straight not allowing them to bend.
Skips	20 yds.	Perform a casual skip. Focusing on skipping in a good rhythmic pattern.
Lateral Skips (Right)	20 yds.	Facing Laterally with your right leg in the direction intended on moving. Perform a rhythmic skipping pattern pushing off your left leg leading with your right.
Skips	20 yds.	Perform a casual skip. Focusing on skipping in a good rhythmic pattern.
Lateral Skips (Left)	20 yds.	Facing Laterally with your left leg in the direction intended on moving. Perform a rhythmic skipping pattern pushing off your right leg leading with your left.
High Knees	20 yds.	Jog straight ahead lifting your knees up rapidly. Concentrate on maintaining a slight forward lean throughout the action, moving your hand check to check with elbows at a 90 degree angle.
Lateral Shuffle (R/L)	20 yds.	Facing laterally, push off your back foot Landing on your front foot. Without crossing your feet, gather and drive off you back foot again. Repeat for 10 yds. perform a turn, switching your lead foot.
Butt kickers	20 yds.	Jog straight ahead quickly pulling your heels to your butt. Concentrate on maintaining a slight forward lean throughout the action, moving your hand check to check with elbows at 90 degree angle. As your heel reaches your butt your knee should be pulled forward for the next step.
Lateral Shuffle (R/L)	20 yds.	Facing laterally, push off your back foot Landing on your front foot. Without crossing your feet, gather and drive off you back foot again. Repeat for 10 yds. perform a turn, switching your lead foot.
Carioca (R / L)	20 yds.	Moving laterally drive back knee up and across your hips, then gather and reach same foot behind. Concentrate on opening and closing your hips and keeping your knees high as they cross your body.
Hops (front to back) w/ 10yds burst	20 yds.	Hopping forward then back 10 times. After ten hops burst off the line sprinting for 10 yds., jog the remaining 10 yds.
Backpedal	20 yds.	Jog backwards concentrating on kicking your heel to but and then reaching out as far as possible. Try and cover as much ground as possible with each step.
Hops (side to side) w/ 10yds burst	20 yds.	Facing laterally Hop side to side 10 times. After ten hops burst off the line, pushing off your outside foot, sprinting 10 yds., jog the remaining 10 yds.
Backpedal	20 yds.	Jog backwards concentrating on kicking your heel to but and then reaching out as far as possible. Try and cover as much ground as possible with each step.
Hops (side to side) w/ 10yd burst	20 yds.	Facing laterally (opposite the previous rep) Hop side to side 10 times. After ten hops burst off the line, pushing off your outside foot, sprint 10 yds., jog the remaining 10 yds.
Backpedal	20 yds.	Jog backwards concentrating on kicking your heel to but and then reaching out as far as possible. Try and cover as much ground as possible with each step.

Utah Soccer Weekly Training Plan

Week: 1		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.5 Mile Run On a standard treadmill set to a 1.0 incline OR standard track 400m (6 laps) Run 1.5 miles as fast as you can. Total Time = Weight Training Workout A <i>If you would like to call/text me and let me know how you did, please do!</i> <i>I would love to hear about it. I can help you set realistic goals for improvement.</i>	Dynamic Warm-up Fartlek Run (21min) 1 min fast pace run followed by a 2 min low intensity recover jog	OFF	Dynamic Warm-up 3 x 3 half field shuttles end line to mid field line & back (approx. 50-60yds out and back) Work: Rest 20sec:40sec 3min recovery between sets Weight Training Workout A	OFF	Jog 30min at a Heart Rate (HR.) between 130-150bpm or RPE of 15	OFF

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"

Mia Hamm

Utah Soccer Weekly Training Plan

Week: 2		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dynamic Warm-up Fartlek Run(25min) 1 min fast pace run followed by a 2 min low intensity recovery jog	Jog 25min Heart Rate (H.R.) between 110-130bpm or a RPE of 13	OFF	Dynamic Warm-up 3 x 4 half field shuttles end line to mid field line & back (approx. 50-60yds out and back) Work: Rest 20sec:40sec 3min recovery between sets	OFF	Jog 33min Heart Rate (H.R.) between 130-150bpm or RPE of 15	OFF
Weight Training Workout A			Weight Training Workout A			

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"

Mia Hamm

Utah Soccer Weekly Training Plan

Week: 3		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dynamic Warm-up Fartlek Run(27min) 1 min fast pace run Followed by a 2 min low intensity recovery jog	Jog 25min Heart Rate (HR.) between 110-130bpm or a RPE of 13	OFF	Dynamic Warm-up 3 x 5 half field shuttles end line to mid field line & back (approx. 50-60yds out and back) Work: Rest 20sec:40sec 3min recovery between sets	OFF	Jog 36min Heart Rate (HR.) between 130-150bpm or RPE of 15	OFF
Weight Training Workout A			Weight Training Workout A			

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"

Mia Hamm

Utah Soccer Weekly Training Plan

Week: 4		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>Dynamic Warm-up</div> <div>Fartlek Run (21min)</div> <div>1min fast pace run followed by a 2min low intensity recovery jog</div>	<div>Jog 25min</div> <div>Heart Rate (HR.) between 110-130bpm or a RPE of 13</div>	OFF	<div>Dynamic Warm-up</div> <div>3 x 3 half field shuttles end line to mid field line & back (approx. 50-60yds out and back)</div> <div>Work: Rest 20sec:40sec</div> <div>3min recovery between sets</div>	OFF	<div>Jog 30min</div> <div>Heart Rate (HR.) between 130-150bpm or RPE of 15</div>	OFF
Weight Training Workout B			Weight Training Workout B			

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"

Mia Hamm

Utah Soccer Weekly Training Plan

Week: 5		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.5 Mile Run On a standard treadmill set to a 1.0 incline OR standard track 400m (6 laps) Run 1.5 miles as fast as you can.	Dynamic Warm-up Fartlek Run (27min) 45sec Fast pace run followed by a 2:15min low intensity recovery jog	OFF	Dynamic Warm-up 2 x 7 half field shuttles end line to mid field line & back (approx. 50-60yds out and back) Work: Rest 20sec:40sec 3min recovery between sets	OFF	Jog 36min Heart Rate (HR.) between 130-150bpm or RPE of 15	OFF
Total Time =						
Weight Training Workout B						
Let me know how you did.						

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"

Mia Hamm

Utah Soccer Weekly Training Plan

Week: 6		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dynamic Warm-up Fartlek Run (30min) 45sec Fast pace run followed by a 2:15min low intensity recovery jog	Jog 30min Heart Rate (HR.) between 110-130bpm or a RPE of 13	OFF	Dynamic Warm-up 2 x 8 half field shuttles end line to mid field line & back (approx. 50-60yds out and back) Work: Rest 20sec:40sec 3min recovery between sets	OFF	Jog 40min Heart Rate (HR.) between 130-150bpm or a RPE of 15	OFF
Weight Training Workout B			Weight Training Workout B			

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"

Mia Hamm

Utah Soccer Weekly Training Plan

Week: 7		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>Dynamic Warm-up</div> <div>Fartlek Run (33min)</div> <div>45sec Fast pace run followed by a 2:15min low intensity recovery jog</div>	<div>Jog 30min</div> <div>Heart Rate (HR.) between 110-130bpm or a RPE of 13</div>	OFF	<div>Dynamic Warm-up</div> <div>2 x 9 half field shuttles end line to mid field line & back (approx. 50-60yds out and back)</div> <div>Work: Rest 20sec:40sec</div> <div>3min recovery between sets</div>	OFF	<div>Jog 44min</div> <div>Heart Rate (HR.) between 130-150bpm or RPE of 15</div>	OFF
Weight Training Workout C			Weight Training Workout C			

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"

Mia Hamm

Utah Soccer Weekly Training Plan

Week: 8		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>Dynamic Warm-up</div> <div>Fartlek Run (27min)</div> <div>45sec Fast pace run followed by a 2:15min low intensity recovery jog</div> <div>Weight Training Workout C</div>	<div>Jog 30min</div> <div>Heart Rate (HR.) between 110-130bpm or a RPE of 13</div>	OFF	<div>Dynamic Warm-up</div> <div>2 x 7 half field shuttles end line to mid field line & back (approx. 50-60yds out and back)</div> <div>Work: Rest 20sec:40sec</div> <div>3min recovery between sets</div> <div>Weight Training Workout C</div>	OFF	<div>Jog 36min</div> <div>Heart Rate (HR.) between 130-150bpm or a RPE of 15</div>	OFF

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"

Mia Hamm

Utah Soccer Weekly Training Plan

Week: 9		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>Dynamic Warm-up Fartlek run(30min) 30sec Fast pace run followed by a 90sec low intensity recovery jog</div>	<div>Dynamic Warm-up Fartlek run(30min) 30sec Fast pace run followed by a 90sec low intensity recovery jog</div>	OFF	<div>Dynamic Warm-up 1 x 10 half field shuttles end line to mid field line & back (approx. 50-60yds out and back) Work: Rest 20sec:40sec 3min recovery between sets</div>	OFF	<div>Jog 44min Heart Rate (HR.) between 130-150bpm or a RPE of 15</div>	OFF
Weight Training Workout C						

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"

Mia Hamm

Utah Soccer Weekly Training Plan

Week: 10		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dynamic Warm-up Fartlek Run (32min) Fartlek run(30min) 30sec Fast pace run followed by a 90sec low intensity recovery jog	Jog 30min Heart Rate (HR.) between 110-130bpm or a RPE of 13	OFF	Dynamic Warm-up 1 x 12 half field shuttles end line to mid field line & back (approx. 50-60yds out and back) Work: Rest 20sec:40sec 3min recovery between sets	OFF	Jog 48min Heart Rate (HR.) between 130-150bpm or a RPE of 15	OFF
Weight Training Workout C						
Weight Training Workout D						

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"
Mia Hamm

Utah Soccer Weekly Training Plan

Week: 11		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dynamic Warm-up Fartlek Run(34min) Fartlek run(30min) 30sec Fast pace run followed by a 90sec low intensity recovery jog	Jog 30min Heart Rate (HR.) between 110-130bpm or a RPE of 13	OFF	Dynamic Warm-up 1 x 14 half field shuttles end line to mid field line & back (approx. 50-60yds out and back) Work: Rest 20sec:40sec 3min recovery between sets	OFF	Jog 53min Heart Rate(HR.) between 130-150bpm or a RPE of 15	OFF
Weight Training Workout C		Weight Training Workout D				

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"
Mia Hamm

Utah Soccer Weekly Training Plan

Week: 12		Date:				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dynamic Warm-up Fartlek Run (28min) Fartlek run(30min) 30sec Fast pace run followed by a 90sec low intensity recovery jog	Jog 20min Heart Rate (HR.) between 110-130bpm or a RPE of 13	OFF	Dynamic Warm-up 1 x 12 half field shuttles end line to mid field line & back (approx. 50-60yds out and back) Work: Rest 20sec:40sec 3min recovery between sets	OFF	1.5 Mile Run On a standard treadmill set to a 1.0 incline OR standard track 400m (6 laps) Run 1.5 miles as fast as you can.	OFF
Weight Training Workout C		Weight Training Workout D		Total Time = <i>Today is your final 1.5 mile test before you begin summer workouts. Let us know how far you have come.</i>		

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking"

Mia Hamm

Workout A: Weeks 1-3

Perform 2 sets/rounds of each circuit. Start with circuit one; perform each exercise in sequence with as little rest between exercises as possible, that's one set/round. When finished rest 60-90 seconds then repeat circuit one, that's two sets/rounds. When finished rest 2-3min then proceed to circuit two, performing it in the same fashion.

Circuit One

Front bridge "plank" x 30sec
Side bridge x 15sec each side
Body weight squat x 6
Push up x 6
Superman x 6

Circuit Two

Reverse lunge curl & press x 12 (6 each leg)
Chin-ups x 3 (if you can not perform a chin-up, do eccentric or negative, this means jump up and lower yourself down under control)
1 Leg RDL x 6 each leg
Back bridge x 30sec
Lying leg raise x 20

Workout B: Weeks 4-6

Perform 2 sets/rounds of each circuit. Perform each exercise in sequence with as little rest between exercises as possible, that's one set or round. When finished, rest 60-90 seconds then repeat circuit one. When finished rest 2-3min then proceed to circuit two, performing it in the same fashion.

Circuit One

Front bridge "plank" x 45sec
Side bridge x 20sec each side
Body weight squat x 10
Push up x 10
Superman x 10

Circuit Two

Reverse lunge curl & press x 20 (10 each leg)
Chin-ups x 5 (if you can not perform a chin-up, do eccentric or negative, this means jump up and lower yourself down under control)
1 Leg RDL x 10 each leg
Back bridge x 45sec
Lying leg raise x 30

Workout C: Weeks 7-9

Perform 3 sets/rounds of each circuit. Start with circuit one; perform each exercise in sequence with as little rest between exercises as possible, that's one set/round. When finished rest 60-90 seconds then repeat for 3 sets/rounds. When finished with circuit one rest 2-3min then proceed to circuit two.

Circuit One

Front bridge "plank" x 45 sec
Side bridge x 20 sec each side
Squat Jump x 8
Push up x 8
Alternating Superman x 8ea

Circuit Two

Step Up curl & press x 16 (8 each leg)
Chin-ups x 4 (if you can not perform a chin-up, do eccentric or negative, this means jump up and lower yourself down under control)
1 Leg RDL x 8 each leg
Back bridge x 45sec
V-Up x 20

Workout D: Weeks 10-12

Perform 3 sets/rounds of each circuit. Start with circuit one; perform each exercise in sequence with as little rest between exercises as possible, that's one set/round. When finished rest 60-90 seconds then repeat for 3 sets/rounds. When finished with circuit one rest 2-3min then proceed to circuit two.

Circuit One

Front bridge "plank" x 60sec
Side bridge x 25sec each side
Squat Jump x 10
Push up x 10
Alternating Superman x 10ea

Circuit Two

Step Up curl & press x 20 (10 each leg)
Chin-ups x 5 (if you can not perform a chin-up, do eccentric or negative, this means jump up and lower yourself down under control)
1 Leg RDL x 10 each leg
Back bridge x 60sec
V-Up x 30

Exercise Description

Front Bridge or “plank”

Start by lying face down on the ground or use an exercise mat. Place your elbows and forearms underneath your chest. Prop yourself up to form a bridge using your toes and forearms. Maintain a flat back and do not allow your hips to sag towards the ground. Target muscles include core musculature-Abdominals, Hips and Back. Hold this position focusing on tightening your abs until you can no longer maintain a flat bridge. Return to start position. Beware of cheating, remember to not let your hips and back sink towards the ground. This exercise will only be effective if you work to maintain a flat line from your shoulders to your feet. You might want to start in front of a mirror to learn the technique.

Side Bridge

Begin sitting sideways with your legs folded to the side. Put your top foot on the floor in front of the other, heel to toe. Feel that you are seated with deep creases at your hips, allowing even the top hip to drop toward the mat. Place your supporting hand on the mat straight out to the side, just a few inches beyond your shoulder. Before you press up, draw your abs in, drop your shoulders, and lengthen your spine.

Body Weight Squat

Feet are hip width apart, toes slightly pointed out. Hips go back first, knees remain tracked over toes and chest is tall. Remember to keep your chest tall and maintain the lumbar curve in your back without rounding your back.

Squat Jump

Set your feet in the squatting base, as if you are about to do a squat, keep your hands at your side. Descend into a parallel position and then drive up as high as possible, making sure to consciously push as hard as you can through your ankles, knees, and hips. As you jump, shoot hands overhead as if reaching for the sky while projecting your hips forward. Upon landing, attempt to absorb the load of the jump by landing on the front half of your feet and then sinking back onto your heels as the hips descend into the next squat. Repeat for the desired number of repetitions paying close attention to not allow form to break down.

Push Up

Begin on the ground lying on your stomach; place your hands next to your shoulders. Keeping your core and legs tight, push yourself up until your arms are straight, this is your starting position. Slowly lower yourself by bending (only!) your arms until your chin/chest touches the ground. Then push yourself back in to the starting position. During the whole exercise keep looking to a point on the ground that's about 3 feet away. Make sure your whole body moves as one, like a “plank”. Make sure your core is tight and back doesn't sag.

Superman

Start by lying facedown on the floor, legs together and straight, arms straight and extended above your head. Keep your head/neck in a neutral position. Keeping limbs straight (but not locked) and torso stationary simultaneously lift your arms and legs up toward the ceiling to form a gentle curve with your body. Hold for a slow 3-second count. Don't hold your breath! Try to keep breathing steady and even. Lower to the ground to complete on rep.

Alternating Superman

Same as superman exercise above, however alternating using opposing arm and leg (right arm-left leg, left arm-right leg). Hold for a slow 3-second count.

Reverse Lunge with Curl to Press

Stand holding a dumbbell in each hand and step backwards in to a lunge with your left leg (lower your body until your right knee nearly touches the floor). Return to the starting position, simultaneously curling the dumbbells until you're standing with both elbows fully bent. Now rotate your arms away from your sides so that you go into the bottom position of a shoulder press. Press the dumbbells overhead. That's one repetition. Perform desired reps, switch legs and repeat on the opposite leg, that equals one set.

DB Step Up with Curl & Press

Stand in front of a box holding dumbbells at the sides in a parallel grip. Step onto the center of the box while keeping the spine in a vertical position. Shift weight onto the lead foot and push through the heel to step upwards onto the box. While stepping up on the lead foot, curl dumbbells up from the sides without rocking or swaying, and keeping the elbows tight to the body. Transition at the top of the curl, rotating the hands to face away from the body, and complete an overhead press. Allow the arms to completely lock out overhead. After pressing, bring the dumbbells back down to the sides under control. Step down off the box with the trail leg then the lead leg. Alternate legs on each rep. Focus on performing one Step-Up and one Curl then execute one Press and return carefully to starting position. During the curl keep elbows tight to sides. Then while pressing push head forward as arms straighten

Chin Up

Hang on a pull-up bar with straight arms and pull yourself up until your chin passes the bar. The difference between chin-ups and pull-ups is in the grip. Pull-ups: palms facing away. Chin-ups: palms facing you or neutral (palms facing each other).

Single-Leg RDL

Stand with your feet slightly more than shoulder-width apart holding a barbell or dumbbells in each hand. Raise one foot and extend it behind you, just off the floor. Contract your glutes, brace your abs, and keep your spine naturally arched. Focusing on balance, lower yourself until your torso is parallel to the floor. Initiate the movement by pushing your hips back. Push back up to the starting position then repeat for desired reps on each leg.

Back Bridge

Begin this exercise lying on your back. Shift weight onto heels and slowly lift your hips off the ground by pushing through your heels. Your knee, hip and shoulder should be in a straight line. Tighten your gluteal muscles as you do this. Hold for the desired duration. Pay attention to your abs. Brace them and breath normally.

Leg Raise

Lie on your back on the floor, placing your hands under your hips. With your leg straight, pull your feet off the ground. Pull your legs in towards your chest contracting your abs and curling your hips off the floor. Lower you back to the starting position and repeat.

V-Up

To perform an abdominal V-Up, lie down on your back on the floor on a gym mat and then extend your arms behind your head. The back of your hands should touch the floor while your palms face the ceiling. Keep your feet together and your toes pointed toward the ceiling. To begin the exercise, keep your legs straight and lift them up, and at the same time raise your upper body off of the floor and reach for your toes with your hands. Squeeze your abdominal muscles as you reach for your toes. Slowly lower yourself back down to the starting position to finish the first repetition. To make the exercise more difficult, do not let your feet or the backs of your hands touch the floor when you lay back down.