



Highlands Girls Soccer

Summer Fitness Plan



Directions

Starting this summer, each girls soccer player will be expected to follow the fitness plan outlined below. Each day the player should be completing the cardio component (changes based on the day of the week) and the strength component.

Cardio

Mondays – 2 mile run as fast as possible

Tuesdays – 5 sets total (the list below is 1 set)

- 20 yard sprint and walk back
- 40 yard sprint and walk back
- 60 yard sprint and walk back
- 80 yard sprint and walk back
- 100 yard sprint and walk back

Wednesdays – 5 sets total (the list below is 1 set)

- 20 yard sprint and walk back
- 40 yard sprint and walk back
- 60 yard sprint and walk back
- 80 yard sprint and walk back
- 100 yard sprint and walk back

Thursdays – 3 mile run as fast as possible

Fridays – 4 mile run at any pace

- Hold yourself accountable and focus on improving your fitness.
- However, “listen” to your body and be cautious of overdoing it.

Weekends – Flex days

- Be active in a way that fits your schedule. When all else fails, hit the road and go for a light 2-4 mile jog.

Strength

Goal: Work up to be able to complete 75 of each exercise everyday

1. Jumping jacks
2. Wide-grip push-ups
3. Crunches
4. Burpees
5. Mountain climbers
6. Planks (for time)
7. Bodyweight squats