

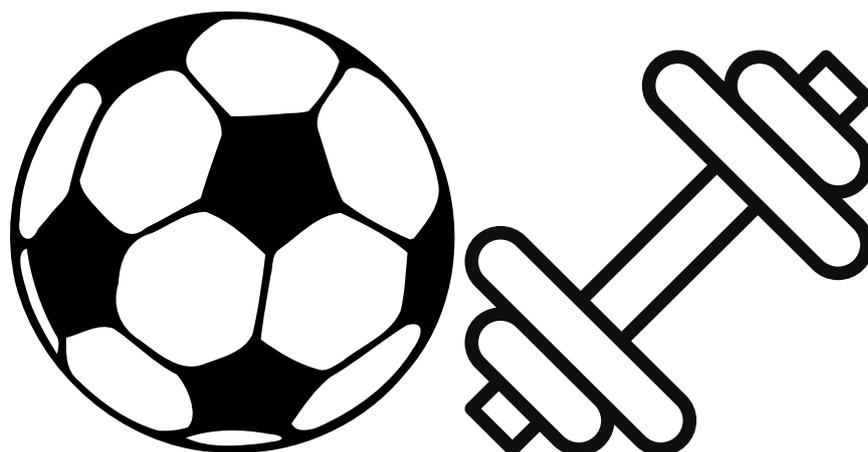
# HA BOYS SOCCER SUMMER WORKOUT PROGRAM

Coach Maddie Hodgdon | madisonhodgdon00@gmail.com | (207) 299-6019  
(please state name if sending text)

Coach Gerald Cushing | geraldcushing@gmail.com | (207) 735-3048

**NOTE:** This program is based on a 2 week schedule. Begin Plan #1 exercise schedule either before summer sessions or the same week they start. The following week you will begin Plan #2 exercise schedule. On Week #3 of summer sessions you will go back and follow Plan #1 exercises and continue to follow the alternating schedule throughout the summer. These are exercises you should be following on your own time at home or in the gym, especially if you are not able to attend the in-person conditioning sessions on Wednesdays. Please feel free to add/substitute exercises as you see fit as this is meant to serve as a guide.

**IT IS ESSENTIAL TO COMPLETE A WARM-UP AND COOL DOWN FOR EACH EXERCISE SESSION.**



# WEEKLY WORKOUT PLAN #1

<p><b>MON</b></p>	<p><b>FOCUS</b> <input checked="" type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core <input type="checkbox"/> Lower Body <input type="checkbox"/> Cardio</p> <p>- Skill work and goalies on turf (see summer schedule)</p> <p><b>STRETCH:</b> (hamstrings, calves, glutes, ankles, quads, back, hips, arms, neck)</p> <p>- (Exercise of choice if unable to attend session)</p>
<p><b>TUES</b></p>	<p><b>FOCUS</b> <input type="checkbox"/> Full Body <input checked="" type="checkbox"/> Upper Body <input type="checkbox"/> Core <input type="checkbox"/> Lower Body <input type="checkbox"/> Cardio</p> <p>- Push-ups (25 reps x 3 sets)</p> <p>- Alternating bicep curls (weight of choice - 10 reps x 3 sets)</p> <p>- Alternating shoulder press (weight of choice - 8 reps x 3 sets)</p> <p>- Upright rows (weight of choice - 10 reps x 3 sets)</p> <p>- Standing core twist (weight of choice - 10 reps X 3 sets)</p> <p>- Alternating tricep extensions (lighter weight - 8 reps x 3 sets)</p> <p>- Bent over row (weight of choice - 8 reps x 3 sets)</p> <p>- <b>STRETCH</b></p>
<p><b>WED</b></p>	<p><b>FOCUS</b> <input checked="" type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core <input type="checkbox"/> Lower Body <input type="checkbox"/> Cardio</p> <p>- Conditioning practice on turf (see summer schedule)</p> <p><b>STRETCH:</b> (hamstrings, calves, glutes, ankles, quads, back, hips, arms, neck)</p> <p>- (Exercise of choice if unable to attend session)</p>
<p><b>THURS</b></p>	<p><b>FOCUS</b> <input type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core <input type="checkbox"/> Lower Body <input checked="" type="checkbox"/> Active Rest</p> <p>- Light activity (walking, swimming, etc.)</p> <p><b>STRETCH:</b> Full body</p>
<p><b>FRI</b></p>	<p><b>FOCUS</b> <input checked="" type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core <input type="checkbox"/> Lower Body <input type="checkbox"/> Cardio</p> <p>- Scrimmage/game situations (see summer schedule)</p> <p><b>STRETCH:</b> (hamstrings, calves, glutes, ankles, quads, back, hips, arms, neck)</p> <p>- (Exercise of choice if unable to attend session)</p>
<p><b>SAT</b></p>	<p><b>FOCUS</b> <input type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input checked="" type="checkbox"/> Core <input type="checkbox"/> Lower Body <input checked="" type="checkbox"/> Cardio</p> <p>- Start with 1 mile run (each run look to improve time and/or distance)</p> <p>- Sit-ups (50 reps x 2 sets)</p> <p>- Russian twist (25 reps per side x 3 sets)</p> <p>- Mountain climbers (15 reps per side x 3 sets)</p> <p>- Planks (R,L, middle - hold 1 min each x 3 sets)</p> <p>- Flutter kicks (20 reps per side x 3 sets)</p> <p>- <b>STRETCH</b></p>
<p><b>SUN</b></p>	<p><b>FOCUS</b> <input type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core <input type="checkbox"/> Lower Body <input checked="" type="checkbox"/> Active Rest</p> <p>OFF</p>

# WEEKLY WORKOUT PLAN # 2

<p><b>MON</b></p>	<p><b>FOCUS</b> <input checked="" type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core <input type="checkbox"/> Lower Body <input type="checkbox"/> Active Rest</p> <p>- Skill work and goalies on turf (see summer schedule)  <b>STRETCH:</b> (hamstrings, calves, glutes, ankles, quads, back, hips, arms, neck)            - (Exercise of choice if unable to attend session)</p>
<p><b>TUES</b></p>	<p><b>FOCUS</b> <input type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core <input checked="" type="checkbox"/> Lower Body <input checked="" type="checkbox"/> Agility</p> <p>- Sumo squats (weight of choice - 12 reps x 3 sets)            - Glute bridges (weight of choice - 8 reps x 3 sets)            - Leg press (increasing weight each set - 8 reps x 3 sets)            - Box jumps (10 reps X 3 sets)            - Calf raises (weight optional - 12 reps x 3 sets)</p> <p>- Burpees with double pulse squat (10 reps x 3 sets)            - Ladder/cone work            (each ladder/cone exercise repeat 3 times)            - High knees (45 seconds x 3 reps)            - Jump rope (total of 8 mins - take breaks as needed)            - <b>STRETCH</b></p>
<p><b>WED</b></p>	<p><b>FOCUS</b> <input checked="" type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core <input type="checkbox"/> Lower Body <input type="checkbox"/> Active Rest</p> <p>-            - Conditioning practice on turf (see summer schedule)  <b>STRETCH:</b> (hamstrings, calves, glutes, ankles, quads, back, hips, arms, neck)            - (Exercise of choice if unable to attend session)</p>
<p><b>THURS</b></p>	<p><b>FOCUS</b> <input type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core <input type="checkbox"/> Lower Body <input checked="" type="checkbox"/> Active Rest</p> <p>- Light activity (walking, swimming, etc.)  <b>STRETCH:</b> Full body</p>
<p><b>FRI</b></p>	<p><b>FOCUS</b> <input checked="" type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core <input type="checkbox"/> Lower Body <input type="checkbox"/> Active Rest</p> <p>- Scrimmage/game situations (see summer schedule)  <b>STRETCH:</b> (hamstrings, calves, glutes, ankles, quads, back, hips, arms, neck)            - (Exercise of choice if unable to attend session)</p>
<p><b>SAT</b></p>	<p><b>FOCUS</b> <input type="checkbox"/> Full Body <input checked="" type="checkbox"/> Upper Body <input checked="" type="checkbox"/> Core <input type="checkbox"/> Lower Body <input type="checkbox"/> Active Rest</p> <p>- Plank to push-ups (15 reps X 3 sets)            - Alternating bicep curls (weight of choice - 10 reps x 3 sets)            - Overhead shoulder press (weight of choice - 8 reps x 3 sets)            - Upright rows (weight of choice - 10 reps x 3 sets)            - Standing core twist (weight of choice - 10 reps per side x 3 sets)            - Plank-jacks (12 reps X 3 sets)</p> <p>- Supermans (15 reps X 3 sets)            - Tricep dips (option to add weight - 10 reps x 3 sets)            - Bent over lateral raise (weight of choice - 8 reps x 3 sets)            - Toe-tap crunches (25 reps x 3 sets)            - Russian twist (25 reps per side x 3 sets)            - <b>Other Core workouts of choice</b></p>
<p><b>SUN</b></p>	<p><b>FOCUS</b> <input type="checkbox"/> Full Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core <input type="checkbox"/> Lower Body <input checked="" type="checkbox"/> Active Rest</p> <p>OFF</p>