

Dear Student Athletes,

I have put together a basic summer workout for all soccer players at the Waring School. Tim Bakland has put together a program for the Cross Country team. All students are expected to follow the workout guidelines stated below. Please feel free to go at your own pace throughout the whole summer, but please complete all parts for each day. The goal is to have our student athletes come into pre-season fit and ready to participate. Please make sure you are stretching the major muscle groups, Quadriceps, Hamstrings and calves- other wise known as the (Gastrocnemius and Soleus) and any other muscles you may need to stretch before participating in the sprinting part of the workouts. If you feel you need to stretch before your distance runs, please do so as you see fit. With crunches and pushups, feel free to break them up any way you would like. If you need to do 10, take a break, then do 10 more, etc., that is fine. Whatever works for you is the way you should do it. The hope is that these programs will minimize injuries that happen during pre-season when students return from the summer and try to "jump start" their bodies into performing activities they have not done all summer. Please follow the program based on your grade. The pushups and crunches should be done on the workout days. If you feel like you need to do them each day, great, but that is up to you. I know there is optional pickup soccer going on at Waring with some of the varsity players and alums. This should not take the place of one of the workout days if you are participating in pickup. Pickup soccer is a nice complement to the summer workout below.

If you do not have a field near you where your child can workout, feel free to utilize the Waring School fields. One and a half laps around a field is approximately a quarter mile. I understand that not every child may need this program, as some of our students are active with other sports and physical activities throughout the summer. If this is the case, use what I have laid out here as a guide as the exercises below are soccer specific. Use your best judgment.

I hope you enjoy the rest of your summer. I look forward to seeing everyone during pre-season, fit and ready to participate.

Mike

Weekly workout schedule

July 19-23

Grade 6-8- Monday, Wednesday, Friday- Jog 1.5 miles. This can take as long as need be. 10 pushups and 30 crunches.

Grade-9-12 – Monday, Wednesday, Friday- Jog 3 miles. This can take as long as need be. 30 pushups and 60 crunches.

July 26-30

Grade 6-8- Monday, Wednesday, Friday- Jog 1 mile and do 6/ 25 yard sprints. Take as much rest in between sprints as you need. To make it easy for you to calculate yards, you can walk off 25 large paces, each pace representing a yard or approximate $\frac{1}{4}$ of a playing field if there is one near you. (you get the idea) Continue with pushups and crunches. 15 pushups each workout day, 35 crunches each workout day.

Grade 9-12- Monday, Wednesday, Friday- Jog two miles and do 5/10 yard sprints, 5/25 yard sprints and 5/50 yard sprints. Take as much time in between sprints as needed. 35 pushups and 70 crunches each day.

August 2-6

Grade 6-8 Monday, Wednesday, Friday- Jog 1 Mile and do 5/10 yard sprints, 4/25 yard sprints and 2/50 yard sprints. 15 pushups, 40 crunches each day.

Grade 9-12 Monday, Wednesday Friday- Jog 1.5 miles and do 10/5 yard sprints, 10/10 yard sprints, 10/20 yard sprints, 2/100 yard sprints. 35 pushups and 75 crunches.

August 9-13

Grade 6-8 Monday, Wednesday, Friday- Jog 1 mile and do 10/5 yard sprints, 2/25 yard sprints, 2/50 yard sprints, 1/100 yard sprint. 15 pushups, 45 crunches / each day.

Grade 9-12 Monday, Wednesday, Friday- Jog 1 mile and do 15/5 yard sprints, 10/10 yard sprints, 5/25 yard sprints, 5/50 yard sprints, 4/100 yard sprints. 40 pushups and 80 crunches.

August 16-20

Follow prior week's schedule

August 23rd - Preseason starts 4-6