



### Day 1 Training

DAY 1	NAME	TIME	REPS
Warmup	Stretching with light jog	6 min	<input type="checkbox"/>
Run	12 minute run	12 min	<input type="checkbox"/>
Juggling	Juggling 12 minutes	12 min	<input type="checkbox"/>
Open Skill	Pick any combination of moves and skills Pick 5-10 of your favorites and master them!  REPETITION IS KEY!  Get as many reps in as possible when focusing on your skill development.	20 miin	<input type="checkbox"/>

*It is very important for players to work through the moves and material*

### Day 2 Training

DAY 2	NAME	TIME	REPS
Warmup	Stretching with light jog	6 min	<input type="checkbox"/>
SSC	10 Burpees, 10 Air Squats, 10 Sit Ups	NA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Run	Run for 24 minutes (go as far as you can)	24 min	<input type="checkbox"/>

DAY 1	SPEED, STRENGTH, CONDITION	TIME	REPS
<b>AMRAP</b> 12 minutes  <b>AFAP</b>	10 Burpees	AFAP*	<input type="checkbox"/>
	10 Air squats		<input type="checkbox"/>
	10 Tricep dips		<input type="checkbox"/>
	Run 100 yards	Fast	<input type="checkbox"/>

**AMRAP = As Many Reps As Possible (in the time given)...**

- I.E.. do as many as rounds as you can in 12 minutes!

**AFAP\* = As Fast As Possible**

### Day 3 Training

DAY 2	NAME	TIME	REPS
Warmup	Stretching with light jog	6 min	<input type="checkbox"/>
SSC	10 Push-Ups, 10 Air Squats, 10 Sit Ups	NA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Run	Fartlek Training 1. Run for 6 minutes easy pace 2. Sprint 5 secs, Jog 5 secs, Walk 5 secs and repeat for 8 minutes 3. Run as hard as you can for 6 minutes  <i>Note: During Fartlek intervals you can sprint from mailbox to mailbox or light pole to light pole... but sprint, jog, walk for intervals.</i>	20 min	<input type="checkbox"/>



## Notes and What to Turn in to Coach...

**LOGIN:** Please email [jason@vestaviasoccer.com](mailto:jason@vestaviasoccer.com) if you have any issues logging into the webpages.

### What to do each week and turn in to Coach?!

1. Players are required to use the form and take a snapshot and send to their coach each week.
2. Players will also take a video of their favorite exercise and text to their coach!
3. All players should turn in their JUGGLING record for each week to their respective coaches!

Work through the workouts at your own pace.

## Links

[Online Training Academy - Click Here](#)

[All Exercises - Click Here](#)

[Mommertz Method - Click Here](#)

Password - **getafterit**

## A Look Ahead + Zoom Workouts

### Zoom Workouts!

- Each of your coaches or directors will be in touch regarding **Zoom Workouts** each week with the players!
- Be on the lookout for these emails!

~~**Week 1**—Introduction and getting started~~

~~**Week 2**—Let's set some good habits~~

~~**Week 3**—Now you are truckin'! We will introduce physical movements and focuses this week including 5 yard sprints, burpees and more.~~

~~**Week 4**—Building on what you have been working on... we will venture into more advanced techniques and improved conditioning.~~

**Week 5** - Conditioning! RUN RUN RUN!