

CREATED BY COACH JEREMY REYNOLDS

AT HOME WORKOUTS *WITH HEAT UNITED*



**Personal Workout
Packet
April - May
U14-U19**



4/6 Week Program



Guidelines for this Program



1. This document is modified from a pre-season fitness training program. It is not mandatory, but a suggested way for players to stay in shape during this period.
2. When following this document, players must adhere to all current (and potential additional restrictions) set forth by our local, state, and federal authorities in response to Covid-19.
3. The document contains a 6 week program. You are to do the strength exercises 4 days a week X 4 sets. In-between each set take a 3 minute break.
4. The Running is broken up to cover the 6 weeks with 2 days to run each week.
5. The last day is for REST – this is important.



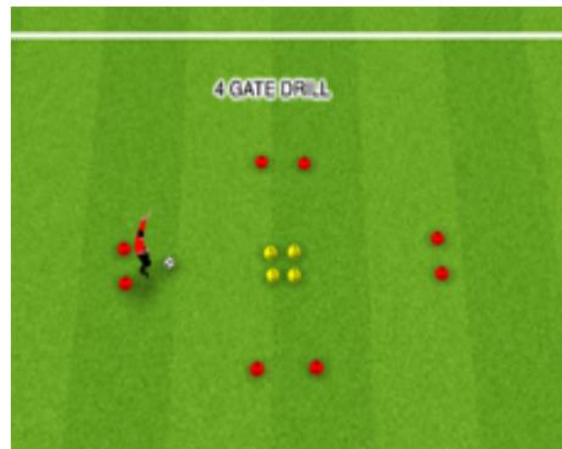
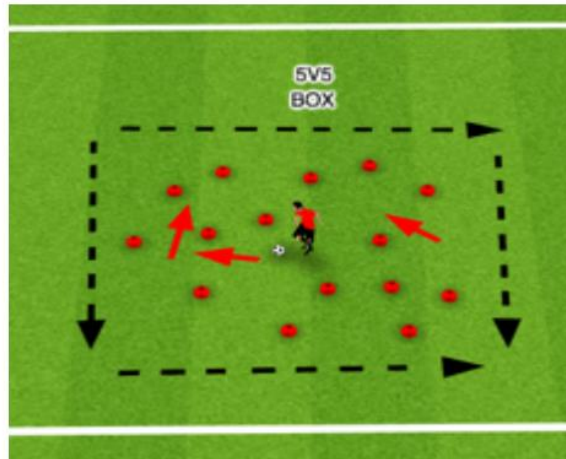
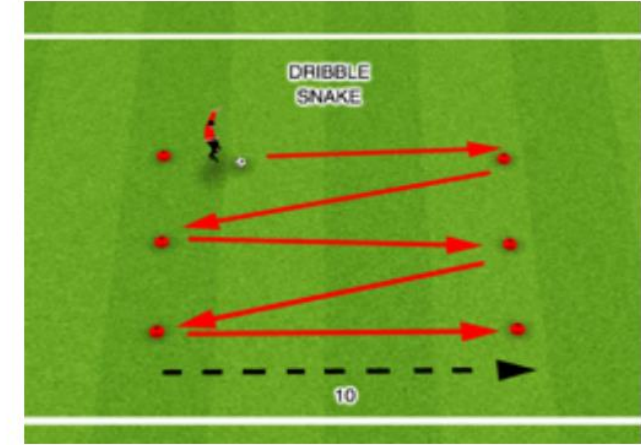
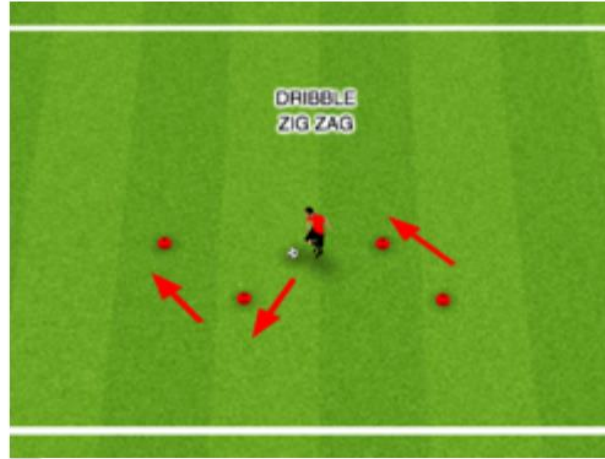
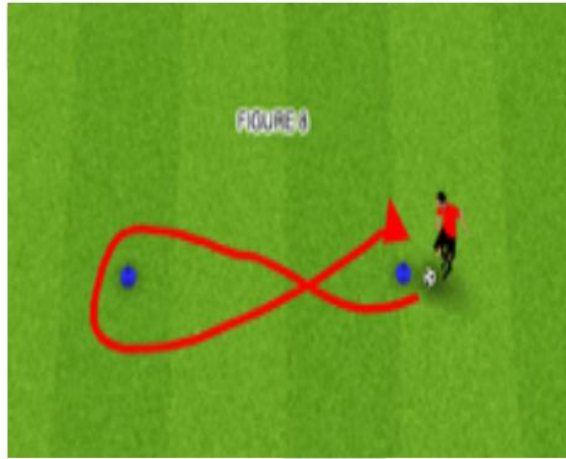
DAILY BALL WORK ACTIVITIES



1. 5 X Figure 8
2. Dribble Zig Zag X 8
3. 5 X Dribble Snake
4. 3 X 1 Minute Mine Field Using 5x5 Box
5. 4 Gate Drill: Dribble/ Move/ Exit
6. 30 Right Foot passes / 30 Left Foot passes 5 yard distance (Use a wall or a parent / sibling).
7. 5 minutes juggling - record your highest score! REPEAT! - film it and share it on our facebook page at:
<https://www.facebook.com/heatunitedsoccer/>
8. 5 mins working on a new move of your choice - film it and share it on our facebook page at:
<https://www.facebook.com/heatunitedsoccer/>



DRILL DIAGRAMS



SAMPLE WEEKLY SCHEDULE



MONDAY

DAY 1 LOWER/UPPER



TUESDAY

RUNNING 1



WEDNESDAY

DAY 2 UPPER/PUSH



THURSDAY

RUNNING 2



FRIDAY

DAY 3 LOWER PUSH/PULL



SATURDAY

DAY 4 CORE



SUNDAY

OFF!



DAY 1 – LOWER/UPPER FULL



Split Squats	10 x with 5 second hold at bottom x 4	<u>CLICK TO WATCH VIDEO</u>
Couch Stretch	30 Seconds	<u>CLICK TO WATCH VIDEO</u>
Ham String Curls	12 x 4	<u>CLICK TO WATCH VIDEO</u>
Push Ups	Max you can do x 4	
Wall Angles	10 x 4	<u>CLICK TO WATCH VIDEO</u>
Supermans	10 x 4	<u>CLICK TO WATCH VIDEO</u>
Planks	45 Seconds x 4	<u>CLICK TO WATCH VIDEO</u>

DAY 2 – UPPER PUSH/PULL



CLOSE GRIP PUSH UPS	Max you can do x 4	CLICK TO WATCH VIDEO
YTW's	8 x 4	CLICK TO WATCH VIDEO
SINGLE LEG PUSH UP	15 x 4	CLICK TO WATCH VIDEO
SIDE PLANK	35 Seconds x 4	CLICK TO WATCH VIDEO
SINGLE LEG HIP THRUST	15 Right/Left x 4	CLICK TO WATCH VIDEO

DAY 3 – LOWER PUSH/PULL



SIDE LUNGE SQUAT	12 x 4	<u>CLICK TO WATCH VIDEO</u>
GROIN ROCKER	30 Seconds	<u>CLICK TO WATCH VIDEO</u>
SINGLE LEGS GET UP	10 x 4	<u>CLICK TO WATCH VIDEO</u>
3 WAY HIP	30 Seconds	<u>CLICK TO WATCH VIDEO</u>
STEP DOWN	10 x 4	<u>CLICK TO WATCH VIDEO</u>

DAY 4 – Core



DEAD BUGS	25	<u>CLICK TO WATCH VIDEO</u>
SHOULDER TAPS	15 x 4	<u>CLICK TO WATCH VIDEO</u>
CHANNEL CHANGERS	15 x 4	<u>CLICK TO WATCH VIDEO</u>
SIDE PLANK TAPS	15 Right/Left x 4	<u>CLICK TO WATCH VIDEO</u>
REACH UPS	25 x 4	<u>CLICK TO WATCH VIDEO</u>

RUNNING PROGRAM



RUNNING DAY 1

RUNNING DAY 2

WEEK 1	1x 30 minutes (8-10 min pace)	1x 30 min 8-10 min pace
WEEK 2	2 x 12 minute 3 min rest between (75% effort)	1x 30 min 70% effort
WEEK 3	3 x 10 min 3 min rest between - 80% effort	3 x 12 minute 3 min rest between - 80% effort
WEEK 4	3 x 7 min 3 min rest between - 85% effort	30/30 (30 sec sprint, 30 sec rest 2 min x 8 - 90% effort
WEEK 5	5 x 6 min 3 min rest between - 70% effort	4 x 4 min 3 min rest - 90% effort
WEEK 6	2 x 15 min 20 sec sprint 20 sec jog 3 min rest	2 x 10 min 30 sec on 30 sec off 3 min rest in-between 90% effort

QUESTIONS?

REACH OUT TO ME AT:

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