

ELITE SOCCER OFF SEASON FITNESS

BLOCK 2 - AEROBIC POWER/ANAEROBIC CAPACITY

Week 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
AGILITY LADDER	CONDITIONING	CONDITIONING	AGILITY LADDER	CONDITIONING
	TEMPO RUNS	STEADY STATE RUN		TEMPO RUNS
ACCELERATION:	2:00 Recovery Walk		ACCELERATION:	2:00 Recovery Walk
	Repeat			Repeat
	3 Minute Cool Down Jog conversational pace			3 Minute Cool Down Jog conversational pace
CONDITIONING			CONDITIONING	

Middle School Soccer Off Season Conditioning Packet

RC Schank



Middle School Soccer Off Season Conditioning Packet:

Fuel your quest for knowledge with Learn from is thought-provoking masterpiece, Dive into the World of **Middle School Soccer Off Season Conditioning Packet** . This educational ebook, conveniently sized in PDF (PDF Size: *), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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Middle School Soccer Off Season Conditioning Packet Introduction

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