

SJU Men's Soccer

Summer 2014



SUMMER PROGRAM

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Soccer Summer Workouts:

Enclosed is the summer workout plan. It consists of 2 phases of lifting and a progressive running style. The lifting changes after 8 weeks, lightening the load on your legs and making sure you are prepared for the upcoming season. The first 8 weeks consists of Back Squats that if you follow the percentages, you will achieve a new MAX during the 8th week. The remaining 7 weeks we will continue to Back Squat off of your new MAX but the reps and load will be lighter with an 85% Rep Test on Week 12. Make sure that you follow the percentages and don't adjust your Max unless stated it says to on the side of your workout. For the Bench Press, the sets are made up of many **As Many as Possible** reps (AMAP). These sets have no number limit but are meant for you to go all out and get as many reps as you can. Make sure you record your reps for each set you do. Underneath the Bench it says when you should adjust your max and how to do it. If a Bench set has a set number do just that number and no more, even if you can. Make sure to look over your sheet each day to make sure you are doing the right workout, as some of the lifts alternate weeks. Otherwise push yourself and work to move the weights up each set of every exercise each week.

Running is structured so that each day you have something to do. Some days are longer while others are meant to be shorter but still challenging. Make sure you look at the run times and are recording your best runs each week, so that you can keep track of your progress. For your Speed and Plyo Day, your options are listed below and the results you gain will be based off of your effort on those days. Try not to miss any run days, as you will see the runs get longer each week and trying to catch up will be difficult. The Saturday run days are optional but just give you a guide if you feel you need the extra work.

If you have any questions contact me at any point. When you return in the Fall, your lifting and conditioning tests are listed below, so that we can check on your continued progress as an athlete. If you live in the area open hour times are listed below. If a group of you are around and want to run together let me know and we can set up a time. We had a very good Spring semester and most of you made great gains both in the Gym and on the Field. Your plus/minus for Spring is on our testing sheet so you can see who pushed themselves and who didn't. Make sure you don't let these improvements go to waste by not taking your workouts serious this summer. Push yourself and hold your teammates accountable so that everyone comes back ready to have a great season!!

Ben

Check our social media pages for updates and hours!

Facebook Page: SJU Strength and Conditioning Twitter: SJU_Strength

Monday through Thursday 7am – 2pm

Friday 7am – 1pm

Have a safe and fun Summer!

Weekly Breakdown: Use Weekly Calendar for Breakdown

3 Days of Lifting

3 Days of Long Runs

3 Days of Short Sprints

Testing Upon Return in August

Strength Testing

- Bench Press
- Squat
- Hang Clean
- Vertical Jump
- Broad Jump
- 20yd Sprint

Conditioning Test

- 2 Mile Run
- Beep Test
- 3 set of 300 yd Shuttle Tests
 - o 75 yds 45 seconds
 - o 50 yds 51 seconds
 - o 25 yds 57 seconds

Speed Workouts: Pick Either Hills or Starts

Starts

10 – 10 yd sprints (2 Right, 2 Left, 2 Lateral, 2 Push-Up, 2 Falling)

5 – 20 yd sprints (Your choice on Start)

10 – 40 yd build ups (build for 20 yds, then full speed over 20 yds, walk back)

Hill Sprints

15 – Forward Hill Sprints

10 – Backpedal Hill Sprints

5 each – Lateral Shuffle Hill Sprints

Jumps

Use Plyometric Page: Pick 5 Exercises and do the prescribed Sets and Reps

Summer Running

Distance Running:

400's – Week 3-8: Average 1:20

Week 9-12: Average 1:15

Week 13-16: Average 1:10

800's – Week 3-8: Average 2:40

Week 9-12: Average 2:35

Week 13-16: Average Under 2:30

1 Mile Run: Under 5:30

1.5 Mile Run: Under 8:45

2 Mile Run: Under 12:00

2.5 Mile Run: Under 15:30

3 Mile Run: Under 19:00

300 Yard Shuttles:

75 yds (Up and Back Twice): Week 3 – 9: 50 Seconds

Week 10 - 16: 45 Seconds

50 yds (Up and Back Three): Week 3 – 9: 55 Seconds

Week 10 – 16: 51 Seconds

25 yds (Up and Back Six): Week 3-9: 60 Seconds

Week 10 – 16: 57 Seconds

Plyometric Training

Plyometric Exercises – Make sure that you include these in your summer work. Even if you don't play a jumping sport, plyo's help increase athleticism and leg strength. If you do not have a sturdy box, hurdles or cones, use what you can. Bleachers can be a good substitute for boxes, a jump rope works for a hurdle. Try to do these exercises on a soft surface (grass) and wear proper footwear that will provide adequate support and cushion. Make sure you stretch well before doing these exercises. Choose 5 of the following exercises each session.

1. Jump Rope	3 sets	150 Jumps
2. Backwards Jump Rope	3 sets	50 Jumps
3. Single Leg (SL) Jump Rope	3 sets	50 Jumps each
4. Skipping	3 sets	30 yards
5. High/Power Skip	3 sets	30 yards
6. Tuck Jump	3 sets	10 Jumps
7. Repetitive Tuck Jumps	3 sets	10 Jumps
8. Lateral Hops (1 foot)	3 sets	10 Jumps each
9. Lateral Hops (2 feet)	3 sets	10 Jumps
10. Broad Jumps	5 sets	20-30 Yards
11. Repetitive Broad Jumps	3 sets	30 Yards
12. Broad Jumps (SL)	3 sets	10 Jumps each
13. Repetitive Broad Jump (SL)	3 sets	10 Jumps each
14. Squat Jumps	3 sets	10 Jumps
15. Squat Jumps (pause bottom)	3 sets	10 Jumps
16. 10lbs/Med Ball Squat Jump	4 sets	6 Jumps
17. Standing Vertical Jump	3 sets	10 Jumps
18. Hurdle Lat Jumps	3 sets	30 Secs (incr. time 10 secs every 3 wks)
19. Jump Back into Vert Jump	2 sets	10 Jumps
20. Broad Jump into Vert Jump	2 sets	10 Jumps
21. Single Leg Bench Jumps	3 sets	10 Jumps each
22. Split Jumps	3 sets	10 Jumps each
23. Brupees	3 sets	10 Jumps

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Summer Overview

Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	May 5-11	Lift	30 Mins Cardio	Lift	30 Mins Cardio	Lift	OFF
Week 2	May 12-18	Lift	30 Mins Cardio	Lift	30 Mins Cardio	Lift	OFF
Week 3	May 19-25	Lift Plyos/Speed	1 Mile Run Record Time _____	Lift 8 - 110's 15secs, rest 45 secs	4 - 400's Record Best _____	Lift 300's 4@75yds	20-30 Min Jog
Week 4	May 26-June 1	Lift Plyos/Speed	1 Mile Run Record Time _____	Lift 10 - 110's 15secs, rest 45 secs	4 - 400's Record Best _____	Lift 300's: 5 @75	20-30 Min Jog
Week 5	June 2-8	Lift Plyos/Speed	1.5 Mile Run Record Time _____	Lift 10 - 110's 15secs, rest 45 secs	6 - 400's Record Best _____	Lift 300's: 5@75, 1@50	20-30 Min Jog
Week 6	June 9-15	Lift Plyos/Speed	1.5 Mile Run Record Time _____	Lift 12 - 110's 15secs, rest 45 secs	6 - 400's Record Best _____	Lift 300's: 5@75, 2@50	20 Min Interval Sprint 20 secs Jog 40 secs
Week 7	June 16-22	Lift Plyos/Speed	1.5 Mile Run Record Time _____	Lift 12 - 110's 15secs, rest 45 secs	20 - 30 Minute Jog	Lift 300's: 4@75, 3@50	20 Min Interval Sprint 20 secs Jog 40 secs
Week 8	June 23-29	Lift Plyos/Speed	2 Mile Run Record Time _____	Lift 12 - 110's 15secs, rest 45 secs	1 - 800's Record Best _____ 4 - 400's Record Best _____	Lift 20-30 Min Cardio	20 Min Interval Sprint 20 secs Jog 40 secs
Week 9	June 30 - July 6	Lift Plyos/Speed	2 Mile Run Record Time _____	Lift 14 - 110's 15secs, rest 45 secs	1 - 800 Record Best _____ 4 - 400's Record Best _____	Lift 300's: 3@75, 2@50, 1@25	20 Min Interval Sprint 30 secs Jog 1 min
Week 10	July 7-13	Lift Plyos/Speed	2 Mile Run Record Time _____	Lift 14 - 110's 15secs, rest 45 secs	1 - 800's Record Best _____ 4 - 400's Record Best _____	Lift 300's: 3@75, 2@50, 2@25	20 Min Interval Sprint 30 secs Jog 1 min
Week 11	July 14-20	Lift Plyos/Speed	2.5 Mile Run Record Time _____	Lift 16 - 110's 15secs, rest 45 secs	2 - 800's Record Best _____ 4 - 400's Record Best _____	Lift 300's: 3@75, 3@50, 2@25	20 Min Interval Sprint 30 secs Jog 1 min
Week 12	July 21-27	Lift Plyos/Speed	2.5 Mile Run Record Time _____	Lift 16-110's 15secs, rest 45 secs	20 - 30 Minute Jog	Lift 300's: 3@75, 3@50, 3@25	30 Min Interval Sprint 30 secs Jog 1 min
Week 13	July 28 - Aug 3	Lift Plyos/Speed	3 Mile Run Record Time _____	Lift 18 - 110's 15secs, rest 45 secs	1 Mile Run Record Time _____ 2 - 800's Record Best _____ 2 - 400's Record Best _____	Lift 300's: 3@75, 3@50, 3@25	30 Min Interval Sprint 30 secs Jog 1 min
Week 14	Aug 4 - 10	Lift Plyos/Speed	3 Mile Run Record Time _____	Lift 18 - 110's 15secs, rest 45 secs	1 Mile Run Record Time _____ 2 - 800's Record Best _____ 2 - 400's Record Best _____	Lift 300's: 4@75, 3@50, 3@25	20-30 Min Jog
Week 15	August 5-9	Lift Plyos/Speed	2 Mile Run Record Time _____	Lift 10 - 110's 15secs, rest 45 secs	2 - 800's Record Best _____ 4 - 400's Record Best _____	Lift	20 Min Jog
Week 16	August 12-16	Testing Week					

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Testing
Spring 2014

28-Apr

Name	20 yd	Vertical Jump	Squat	Bench Press	Cleans	Pull-Ups	2 Mile Run	Plus/Minus
Brooks	2.72	27.5	295	185	195		12:49	40
Emmanuel	2.6	32.5	305	205	200		12:55	95
Stavis	2.81	22.5	360	235	240		12:35	5
Jake Malinga	2.72	28.5	315	240	220		11:40	60
Sam Irving	2.8	24	265	215	185		12:58	80
Chris McCray	3	25.5	255	205	195		12:56	10
Coupar Lipp	2.94	28	235	195	165		12:57	-20
Mike Stuski	2.78	27	255	205	225		12:57	10
Jay Higsby	2.81	27	275	265	185		14:29	60
Bliss Harris	2.56	30	300	225	200		13:48	80
Eric Jordan			265	145	155		12:54	90
Mori Dion			245	165	170		12:46	55
Ted	2.75	27	250	150	165		14:05	80
Cam	2.75	29.5	300	185	175		12:57	95
Max								
Jake Nelson	2.71	28	335	225	245		12:58	60
Tim Lazorko	2.65	27.5	285	175	195		13:28	50
Glazer	2.81	28.5	275	220	185			45
AVERAGES		27.53333333	283.235294	202.3529412	194.1176471		13:04	52.64705882

LBS	49%	52%	55%	58%	61%	64%	67%	70%	73%	76%	79%	82%	85%	88%	91%	94%	97%	103%	106%	109%	112%	
215	105	110	120	125	130	140	145	150	155	165	170	175	185	190	195	200	210	220	230	235	240	
220	110	115	120	130	135	140	145	155	160	165	175	180	185	195	200	205	215	225	235	240	245	250
225	110	115	125	130	135	145	150	160	165	170	180	185	190	200	205	210	220	230	240	245	250	260
230	115	120	125	135	140	145	155	160	170	175	180	190	195	200	210	215	225	235	245	250	255	265
235	115	120	130	135	145	150	155	165	170	180	185	195	200	205	215	220	230	240	250	255	260	270
240	120	125	130	140	145	155	160	170	175	180	190	195	205	210	220	225	235	245	255	260	265	275
245	120	125	135	140	150	155	165	170	180	185	195	200	210	215	225	230	240	250	260	265	275	280
250	125	130	140	145	155	160	170	175	185	190	200	205	215	220	230	235	245	260	265	270	280	285
255	125	135	140	150	155	165	170	180	185	195	200	210	215	225	230	240	245	265	270	280	285	290
260	125	135	145	150	160	165	175	180	190	200	205	215	220	230	235	245	250	270	275	280	290	295
265	130	140	145	155	160	170	180	185	195	200	210	215	225	235	240	250	255	275	280	285	290	295
270	130	140	150	155	165	175	180	190	195	205	215	220	230	235	240	250	260	280	285	290	300	310
275	135	145	150	160	170	175	185	195	200	210	215	225	235	240	250	260	270	290	295	300	305	315
280	135	145	155	160	170	180	190	195	205	215	220	230	240	245	255	260	270	295	300	310	320	320
285	140	150	155	165	175	180	190	200	210	215	225	235	240	245	255	265	275	280	300	305	315	325
290	140	150	160	170	175	185	195	205	210	220	230	240	245	255	260	270	280	300	305	315	320	330
295	145	155	160	170	180	190	200	205	215	225	235	240	250	255	265	275	280	300	310	320	325	335
300	145	155	165	175	185	190	200	210	220	230	235	245	255	260	270	280	290	310	315	320	325	335
305	150	160	170	175	185	195	205	215	225	230	240	250	260	270	280	290	300	320	330	340	345	355
310	150	160	170	180	190	200	210	215	225	235	245	255	265	270	280	290	300	320	330	340	350	360
315	155	165	175	185	190	200	210	220	230	240	250	260	270	280	290	300	310	330	340	350	355	365
320	155	165	175	185	195	205	215	225	235	245	255	265	275	280	290	300	310	330	340	350	355	365
325	160	170	180	190	200	210	220	230	235	245	255	265	275	280	290	300	310	330	340	350	355	365
330	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	340	350	360	360	370
335	165	175	185	195	205	215	225	235	245	255	265	275	285	295	305	315	325	345	355	365	365	375
340	165	175	185	195	205	220	230	240	250	260	270	280	290	300	310	320	330	350	360	370	370	380
345	170	180	190	200	210	220	230	240	250	260	275	285	295	305	315	325	335	355	365	375	375	385
350	170	180	195	205	215	225	235	245	255	265	275	285	300	310	320	330	340	360	370	380	380	390
355	175	185	195	205	215	225	240	250	260	270	280	290	300	310	325	335	345	365	375	385	385	400
360	175	185	200	210	220	230	240	250	265	275	285	295	305	315	330	340	350	370	380	390	390	405
365	180	190	200	210	225	235	245	255	265	275	290	300	310	320	330	345	355	375	385	400	400	410
370	180	190	205	215	225	235	250	260	270	280	290	305	315	325	335	350	360	380	390	405	405	415

LBS	49%	52%	55%	58%	61%	64%	67%	70%	73%	76%	79%	82%	85%	88%	91%	94%	97%	103%	106%	109%	112%
375	185	195	205	220	230	240	250	265	275	285	295	310	320	330	340	355	365	385	400	410	420
380	185	200	210	220	230	245	255	265	275	290	300	310	325	335	345	355	370	390	405	415	425
385	190	200	210	225	235	245	260	270	280	295	305	315	325	340	350	360	375	395	410	420	430
390	190	205	215	225	240	250	260	275	285	295	310	320	330	345	355	365	380	400	415	425	435
395	195	205	215	230	240	255	265	275	290	300	310	325	335	350	360	370	385	405	420	430	440
400	195	210	220	230	245	255	270	280	290	305	315	330	340	350	365	375	390	410	425	435	450
405	200	210	225	235	245	260	270	285	295	310	320	330	345	355	370	380	395	415	430	440	455
410	200	215	225	240	250	260	275	285	300	310	325	335	350	360	375	385	400	420	435	445	460
415	205	215	230	240	255	265	280	290	305	315	330	340	355	365	380	390	405	425	440	450	465
420	205	220	230	245	255	270	280	295	305	320	330	345	355	370	385	395	405	425	440	450	465
425	210	220	235	245	260	270	285	300	310	325	335	350	360	375	385	400	410	440	450	465	475
430	210	225	235	250	260	275	290	300	315	330	340	355	365	380	390	405	415	445	455	470	480
435	215	225	240	250	265	280	290	305	320	330	345	355	370	385	400	415	430	440	460	475	485
440	215	230	240	255	270	280	295	310	320	335	350	360	375	385	400	415	425	455	465	480	495
445	220	230	245	260	270	285	300	310	325	340	350	365	380	390	405	420	430	460	470	485	500
450	220	235	250	260	275	290	300	315	330	340	355	370	385	395	410	425	435	465	475	490	505
455	225	235	250	265	280	290	305	320	330	345	360	375	385	400	415	430	440	470	480	495	510
460	225	240	255	265	280	295	310	320	335	350	365	375	390	405	420	430	445	475	490	500	515
465	230	240	255	270	285	300	310	325	340	355	365	380	395	410	425	435	450	480	495	505	520
470	230	245	260	275	285	300	315	330	345	355	370	385	400	415	430	440	455	485	500	510	525
475	235	245	260	275	290	305	320	335	345	360	375	390	405	420	430	445	460	490	505	520	530
480	235	250	265	280	295	305	320	335	350	365	380	395	410	420	435	450	465	495	510	525	540
485	240	250	265	280	295	310	325	340	355	370	385	400	410	425	440	455	470	500	515	530	545
490	240	255	270	285	300	315	330	345	360	370	385	400	415	430	445	460	475	505	520	535	550
495	245	255	270	285	300	315	330	345	360	375	390	405	420	435	450	465	480	510	525	540	555
500	245	260	275	290	305	320	335	350	365	380	395	410	425	440	455	470	485	515	530	545	560
505	245	265	280	295	310	325	340	355	370	385	400	415	430	445	460	475	490	520	535	550	565
510	250	265	280	295	310	325	340	355	370	390	405	420	435	450	465	480	495	525	540	555	570
515	250	270	285	300	315	330	345	360	375	390	405	420	440	455	470	485	500	530	545	560	575
520	255	270	285	300	315	335	350	365	380	395	410	425	440	455	470	485	505	535	550	565	580
525	255	275	290	305	320	335	350	370	385	400	415	430	445	460	475	495	510	540	555	570	590
530	260	275	290	305	325	340	355	370	385	405	420	435	450	465	480	500	515	545	560	580	595

Day 1

Core: Planks - 2x each Front 75sec , Side 40 sec Increase by 5 secs every 2 weeks								
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Push Press	x5	x5	x5	x5	x4	x4	x4	x4
	x5	x5	x5	x5	x4	x4	x4	x4
	x5	x5	x5	x5	x4	x4	x4	x4
	x5	x5	x5	x5	x4	x4	x4	x4
Back Squat	W/Up x5	W/Up x5	W/Up x5	W/Up x5	W/Up x5	W/Up x5	W/Up x5	W/Up x5
Max=	55%x8	55%x8	55%x6	55%x6	55%x6	55%x5	61%x5	61%x5
	61%x8	61%x8	61%x6	64%x4	64%x4	64%x3	70%x3	70%x3
	67%x8	67%x8	70%x6	73%x4	73%x4	73%x3	79%x3	79%x3
	73%x8	76%x8	79%x6	82%x4	79%x4	82%x3	85%x3	85%x1
					85%x4	88%x3	94%x1	94%x1
							94%x1	100%x1
								New Max
DB Squat Jumps	4x5	4x5	4x5	4x5	4x5	4x5	4x5	4x5
Incline Bench Press	x12	x12	x12	x12	x8	x8	x8	x8
	x10	x10	x10	x10	x6	x6	x6	x6
	x8	x8	x8	x8	x6	x6	x6	x6
	x6	x6	x6	x6	x4	x4	x4	x4
Chin-Ups	3x8-12	3x8-12	3x8-12	3x8-12	3x8-12	3x8-12	3x8-12	3x8-12
DB Lat Lunge	x8ea	x8ea	x8ea	x8ea	x8ea	x8ea	x8ea	x8ea
	x8ea	x8ea	x8ea	x8ea	x8ea	x8ea	x8ea	x8ea
	x8ea	x8ea	x8ea	x8ea	x8ea	x8ea	x8ea	x8ea
MB Push-Ups	3x10ea	3x10ea	3x10ea	3x10ea	3x10ea	3x10ea	3x10ea	3x10ea
DB Curls	3x15	3x15	3x15	3x15	3x15	3x15	3x15	3x15
RDL	3x10	3x10	3x10	3x10	3x8	3x8	3x8	3x8

SJU Soccer
 Summer 2014
 Phase 2

Day 3

Core: Sit-Ups 5x25

	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
Clean Complex Lo/HI/HC	x3-3-3 x3-3-3 x3-3-3 x3-3-3	x3-3-3 x3-3-3 x3-3-3 x3-3-3	x3-3-3 x3-3-3 x3-3-3 x3-3-3	x3-3-3 x3-3-3 x3-3-3 x3-3-3	x3-3-3 x3-3-3 x3-3-3 x3-3-3	x3-3-3 x3-3-3 x3-3-3 x3-3-3	x3-3-3 x3-3-3 x3-3-3 x3-3-3
Front Squat <i>Min Weight 135</i> Increase each week	x8 x8 x8 x8	x8 x8 x8 x8	x6 x6 x6 x6	x6 x6 x6 x6	x6 x6 x6 x6	x4 x4 x4 x4	x4 x4 x4 x4
DB Squat Jumps 15lb	3x5	3x5	3x5	3x5	3x5	3x5	3x5
Closegrip Bench	W/UpX5 x5 x5 x5 x5	W/UpX5 x5 x5 x5 x5	W/UpX5 x5 x5 x5 x5	W/UpX5 x5 x5 x5 x5	W/UpX5 x5 x5 x5 x5	W/UpX5 x5 x5 x5 x5	W/UpX5 x5 x5 x5 x5
MB SL Squat	3x10ea	3x10ea	3x10ea	3x10ea	3x10ea	3x10ea	3x10ea
BB Shoulder Press	x8 x8 x8	x8 x8 x8	x8 x8 x8	x8 x8 x8	x6 x6 x6	x6 x6 x6	x6 x6 x6
DB Lat Raise	3x12	3x12	3x12	3x12	3x12	3x12	3x12
Push-Ups	10 to 1	10 to 1	12 to 1	12 to 1	15 to 1	15 to 1	15 to 1