



# **STANFORD SOCCER**

*Home of Champions*

## **FITNESS**

**A Complete Guide to Fitness Testing,  
Cardiovascular Training and Strength/Agility  
Workouts for Stanford Soccer**

**Stanford Men's Soccer  
Arrillaga Family Sports Center  
Stanford, CA 94305  
[gostanford.com](http://gostanford.com)**

## Stanford Soccer Fitness

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## Stanford Soccer Fitness Guidelines

**Remember:** The best teams and players work year-round to be their best. Below are some general guidelines to keep in mind as you are organizing your workouts.

1. Always warm-up properly before any workout.
2. Always keep a written record of your workouts.
3. The best way to stay on track with a workout program is to work out with a motivated partner.
4. Push yourself – especially on the days you don't feel energetic.
5. Avoid back-to-back days for workouts of the same type or using the same muscle groups (it generally takes the body 36-48 hours to recover after intense exercise).
6. Listen to your body. Seek proper medical attention if you have an injury.
7. Your fitness level should develop gradually over time, not in peaks and valleys through crash programs.
8. Playing soccer is always the best way to get soccer fit.
9. Vary your workouts so things stay fresh.

***Once you feel comfortable to start, ask yourself the following question:***

How many times per week do I participate in organized training or play competitive games?

Once answered, look at the enclosed sheets and follow the program that is best suited for you.

**\*\*Please note that an intense training period of 6-8 weeks should be followed by a break of at least one week for the body and mind to rejuvenate. At a minimum, you should look for other avenues for your training to take a temporary break (i.e. bike riding, hiking, basketball, etc)**

**If playing/practicing 2 times or less per week complete the following:**

- 1. Perform 2-3 cardiovascular workouts per week. Options listed below.**
  - A. One fitness test of your choice– see pages 5-6
  - B. One interval training workout of your choice – see page 7
  - C. One speed & mobility workout of your choice – see page 8
  
- 2. Perform 2-3 Strength training workouts per week. Options listed below.**
  - A. Strength training with core exercises  
\*see example on page 9
  - B. Explosive strength training with core exercises  
\*see example on page 10
  - C. 12 station circuit, twice through, (30 seconds work, 30 seconds rest)  
\*see example on page 11

**If playing/practicing 3-4 times per week complete the following:**

**1. Perform 1-2 cardiovascular workouts per week. Options listed below.**

- A. One fitness test of your choice– see pages 5-6
- B. One interval training workout of your choice– see page 7
- C. One speed & mobility workout of your choice – see page 8

**2. Perform 2 strength training workouts per week. Options listed below.**

- A. Strength training with core exercises  
\*see example on page 9
- B. Explosive strength training with core exercises  
\*see example on page 10
- C. 12 station circuit, twice through, (30 seconds work, 30 seconds rest)  
\*see example on page 11

**If playing/practicing 5 or more times week complete the following:**

**1. Perform 1 cardiovascular workout per week. Options listed below.**

- A. One fitness test of your choice– see pages 5-6
- B. One interval training workout of your choice – see page 7
- C. One speed & mobility workout of your choice – see page 8

**2. Perform 1-2 strength training workouts per week. Options listed below.**

- A. Explosive strength training with core exercises  
\*see example on page 10
- B. 12 station circuit, twice through, (30 seconds work, 30 seconds rest)  
\*see example on page 11

**\*\*If you are playing/practicing 5 times or more per week then you might want to “top-off” workouts with a few exercises rather than setting up separate workout programs. When you “top-off”, read your body and decide what you need. It might be a few sprints after training, or a few upper body exercises (push-ups, dips, & core exercises). Rarely will you need a full interval or strength training workout.**

## National Team Fitness Test

<u>Distance</u>	<u>Maximum Time</u>	<u>Rest Period</u>
1200 meters (3 laps)	4:45 (95 Seconds/Lap)	1:00
1200 meters (3 laps)	4:15 (85 Seconds/Lap)	1:00
2000 meters (5 laps)	Run for best time	-----

### Split Times

1<sup>st</sup> 1200 meters (3 Laps) 4:45

200	:47
400	1:35
600	2:22
800	3:10
1000	3:57
1200	4:45

2<sup>nd</sup> 1200 meters (3 Laps) 4:15

200	:42
400	1:25
600	2:07
800	2:50
1000	3:32
1200	4:15

## STANFORD SOCCER FITNESS TEST

<u>Distance</u>	<u>Maximum Time</u>	<u>Rest</u>
1/2 mile	2:45	1:30
6, 18, 60 yard shuttle	:32	1:00
1/4 mile	1:15	1:00
6, 18, 60 yard shuttle	:32	1:00
6, 18, 60 yard shuttle	:33	1:00
1/4 mile	1:17	1:00
6, 18, 60 yard shuttle	:33	1:30

1/2 mile  
level

Race \_\_\_\_\_ : Under 2:50 for last 1/2 mile is mid-team

\*It is essential to begin your rest time immediately at the conclusion of the slowest allowable "passing time" to maintain a consistent and reliable fitness measurement.



## Interval Training Suggestions

1. 3 mile run under 21 minutes – 3 minutes rest  
4 x 120 yard 50% of max runs – walk back to start line for recovery  
3 explosive/fast footwork exercises, (2 sets of 30 seconds work, 30 seconds rest)
  
2. Two mile run under 13 minutes – 3 minutes rest  
6 shuttle sprints 5, 10, 15, 20, yards – 1 minute rest between shuttle  
3 explosive/fast footwork exercises (2 sets 20 seconds work, 40 seconds rest)  
1/2 mile run under 3 1/2 minutes
  
3. 30 minute consecutive run, fartlek running  
Include – 3 x 2minute (50 % of max)  
3 x 30 second stride outs  
3 x 15 second acceleration  
3 explosive/fast footwork exercises ( 2 sets of 20 seconds work, 40 seconds rest)
  
4. Four mile run under 27 minutes
  
6. One mile run under 7 minutes – 3 minutes rest  
5 x 2 minute runs of 50-60% of max, 2 minutes rest (very light jog) between each  
4 explosive/fast footwork exercises, (2 sets, 20 seconds work, 40 seconds rest)
  
5. 26 minute consecutive run, fartlek running  
Include – 2 x 2minute 50% of max runs  
2 x 30 second 60-70% of max runs  
2x 20 second 60-70% max runs – 2 minutes rest  
4 explosive/fast footwork exercises ( 2 sets of 30 seconds work, 30 seconds rest)
  
6. 8 minute run – moderate pace, 2 minute rest  
4 x 2 minute 50% of max runs, 1 1/2 minute rest between runs  
4 x 1 minute 50 % of max runs, 1 minute rest between runs  
2 explosive/fast footwork exercises, (2 sets of 30 seconds work, 30 seconds rest)

## Speed & Mobility Workout Suggestions

1. 3 x 120 yard stride outs (60-70% max), light jog back, then 2 minutes rest at end  
3 x 150 yard shuttle (150 shuttle = 6 x 25 yards consecutive), 2 minutes rest between each.  
2 agility runs, 1 minute rest between each  
4 fast footwork drills (30 seconds work, 30 seconds rest)  
2 x 120 yard stride outs (60-70% max)
2. 4 x 120 yard stride outs (60-70% max), light jog back, then 2 minutes rest at end  
3 x shuttle sprint (10, 20, 30 yard shuttle), 1 minute rest between each  
3 x shuttle sprint (5,10,15,20 yard shuttle), 2 minute rest between each  
4 explosive leg exercises (30 seconds work, 30 seconds rest)  
2 x 120 yard stride outs (50% max)
3. 4 x 60 yard stride outs (60-70% max), light jog back, then 2 minutes rest at end  
4 x 20 yard sprints, walk back, then 2 minutes rest  
2 x agility runs, 1 minute rest between each  
4 x explosive leg exercises (30 seconds work, 30 seconds rest)  
4 x fast footwork drills (30 seconds work, 30 seconds rest)  
2x 120 yard stride outs (50% max)
4. 5 x 75 yard stride outs (60-70% max), light jog back, then 2 minutes rest at end  
4 x 10 yard sprints, walk back, then 2 minutes rest  
4 x agility runs, 1 minute rest between each  
3 x fast footwork drills (30 seconds work, 30 seconds rest)  
3 x explosive leg exercises (30 seconds work, 30 seconds rest)  
2 x 120 yard stride outs (50% max)

## Strength Training Examples

### Strength training with core exercises

Consists of:

- |                      |                      |
|----------------------|----------------------|
| a. one push exercise | d. one push exercise |
| b. one pull exercise | e. one pull exercise |
| c. one leg exercise  | f. one leg exercise  |

REPEAT IN ORDER

- g. 5 Abdominal exercises, 20 repetitions each

**\*\*Note: This is an EXAMPLE. Please feel free to change exercises to vary your workouts.**

#### **In This Order**

Bench Press, 12 reps	push
Chin-ups, 12 reps	pull
Walking Lunges, 12 each leg	leg
DB Shoulder Press, 12 reps	push
DB Rows, 12 reps	pull
Step-ups, knee to chest, 12 each leg	leg
Bench Press, 12 reps	push
Chin-ups, 12 reps	pull
Walking Lunges, 12 each leg	leg
DB Shoulder Press, 12 reps	push
DB Rows, 12 reps	pull
Step-ups, knee to chest, 12 each leg	leg

#### **Abdominal Exercises**

Crunches, 20  
V-Sit, Side to side, 20  
Hip lifts, 20  
Bikes, 20  
Obliques, 20

## Strength Training Examples

### **Explosive strength training with core exercises**

Consists of:

- |                               |                                |
|-------------------------------|--------------------------------|
| a. one push exercise          | d. one explosive push exercise |
| a. one pull exercise          | e. one pull exercise           |
| b. one explosive leg exercise | f. one explosive leg exercise  |

REPEAT IN ORDER

- i. 5 abdominal exercises, 20 repetitions each

**\*\*Note: This is an EXAMPLE. Please feel free to change exercises to vary workouts.**

### **In This Order**

DB Curl to Shoulder Press, 12 reps	push
Pull-ups – with knee to chest, 12 reps	pull
Box Jumps, 12 total	leg - explosive
Explosive Push-ups with a clap, 12 reps	push - explosive
DB Rows, 12 reps	pull
Diagonal lunges, 12 total each leg	leg- explosive
DB Curl to Shoulder Press, 12 reps	push
Pull-ups – with knee to chest, 12 reps	pull
Box Jumps, 12 total	leg - explosive
Explosive Push-ups with a clap, 12 reps	push - explosive
DB Rows, 12 reps	pull
Diagonal lunges, 12 total each leg	leg- explosive

### *Abdominal Exercises*

Hip Lifts, 20  
Double Bikes, 20  
Toe Touches, 20  
Superman, 20  
V-Sit, side to side, 20

## Strength Training Examples

### **12 Station circuit, twice through (30 seconds work, 30 seconds rest)**

Consists of:

- |                               |                                |
|-------------------------------|--------------------------------|
| 1. one push exercise          | 7. one fast footwork drill     |
| 2. one explosive leg exercise | 8. one abdominal exercise      |
| 3. one abdominal exercise     | 9. one explosive push exercise |
| 4. one agility run            | 10. one leg exercise           |
| 5. one pull exercise          | 11. one pull exercise          |
| 6. one abdominal exercise     | 12. one abdominal exercise     |

**THEN REPEAT IN ORDER**

**\*\*Note: This is an EXAMPLE. Please feel free to change exercises to vary your workouts.**

- |                                       |                     |
|---------------------------------------|---------------------|
| 1. DB Multi-Shoulder                  | push                |
| 2. X-country skiers                   | leg – explosive     |
| 3. crunches                           | abdominal exercise  |
| 4. T-Test agility run                 | agility run         |
| 5. Chin-ups, with a twist             | pull                |
| 6. hip lifts                          | abdominal exercise  |
| 7. dot drill clockwork, fast footwork | fast footwork drill |
| 8. toe-touches                        | abdominal exercise  |
| 9. Push-ups, with a clap              | push – explosive    |
| 10. Walking diagonal lunges           | leg                 |
| 11. DB Rows                           | pull                |
| 12. Double bikes                      | abdominal exercise  |

**then repeat in order**

## Order of Exercises on Video

### **Rhythmical Warm-up**

Backwards Skip  
Backpedal  
Sideways, knees bent  
Skip  
Skip – high knees  
Quad stretch – on the walk  
Inchworm  
Skip – straight leg  
Knee to armpit  
Bowlers  
360 degree turn off the job  
Knee to chest  
Shuffle – 3 each way  
Balance on one foot  
Inside to out  
Outside to in  
Foot to opposite hand  
Backwards – turn and accelerate

### **Explosive Leg Exercises**

Diagonal lunges  
Backwards lunges  
Tuck jumps  
Bounding  
High knee skip  
Cross country skiers  
Ice skaters  
Broad jumps  
Sky jumps  
Two broad jumps – followed by one sky jump  
Sky jumps – with medicine ball in hands  
Multi-lunge, with light or no weight  
Step-ups, knee to chest  
Explosive jumps – stick the landing  
Explosive step-ups, front  
Explosive step-ups, side  
Medicine ball kick-ups  
Squats, with light or no weight

### **Explosive Leg Exercises with Hurdles**

- Broad jumps - stick the landing
- Side jumps - stick the landing
- Quick jumps
- Quarter turns - stick the landing
- Quick hops, one foot
- Over two, back one
- Side hops, one foot – stick the landing

### **Fast Footwork Exercises**

- Line hopping – side to side
- Line hopping – front to back
- Dot drill – clockwork
- Dot drill, square – one foot
- Dot drill, square – two feet

### **Agility Runs**

- T-Drill – 5 yards between each cone, always facing forward
- T-Drill – 5 yards between each cone, touch all corners
- Four Corners – 5 yards between each cone, touch all corners
- Numbered Cones – partner points to cones
- 6-18-6 yard shuttle

### **Abdominal Exercises**

- Crunches
- Obliques
- Knees to chest
- V-Sit, side to side
- Bikes
- Double Bikes
- Toe Touches
- Hip lifts
- Superman

### **Abdominal Exercises – with Medicine Ball**

- Diagonal toss, with a twist
- Toss, touch ground, pass back
- Toss, touch ground then side, side, forward
- Crunches to partners moving hand
- Single leg toe touches
- Knees to chest
- Knees to chest then side to side

### **Upper Body Exercises – with Medicine Ball**

- Chest pass
- Chest pass with a fake
- Diagonal toss – stationary feet
- Side to side
- Over and under
- Overhead smash – with a jump
- Underhand toss – for height
- Medicine ball drops

### **Upper Body Strength Training – PUSH Exercises**

- Bench press
- Chest press
- Shoulder press
- Dips
- Dips on a bench
- Curl to shoulder press
- Push-ups on a bench
- Dumbbell incline press
- Explosive push-ups – on a ball
- Explosive push-ups - with a clap
- Push-ups to one arm balance

### **Upper Body Strength Training – PULL Exercises**

- Reverse bench – chin-up grip
- Reverse bench – pull-up grip
- Dumbbell curls
- Dumbbell rows
- Chin-ups – palms facing towards face
- Pull-ups – palms facing away
- Pull-ups – knee to chest
- Sky jump to pull-up, repeat
- Pull-up – with a twist
- Dumbbell multi-shoulder