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
Stanford Soccer Fitness

Guidelines for workout program 1

Which fitness program is best for you??

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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

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

## Split Times

<table>
<thead>
<tr>
<th>1\textsuperscript{st} 1200 meters (3 Laps) 4:45</th>
<th>2\textsuperscript{nd} 1200 meters (3 Laps) 4:15</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 :47</td>
<td>200 :42</td>
</tr>
<tr>
<td>400 1:35</td>
<td>400 1:25</td>
</tr>
<tr>
<td>600 2:22</td>
<td>600 2:07</td>
</tr>
<tr>
<td>800 3:10</td>
<td>800 2:50</td>
</tr>
<tr>
<td>1000 3:57</td>
<td>1000 3:32</td>
</tr>
<tr>
<td>1200 4:45</td>
<td>1200 4:15</td>
</tr>
<tr>
<td>Distance</td>
<td>Maximum Time</td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>1/2 mile</td>
<td>2:45</td>
</tr>
<tr>
<td>6, 18, 60 yard shuttle</td>
<td>:32</td>
</tr>
<tr>
<td>1/4 mile</td>
<td>1:15</td>
</tr>
<tr>
<td>6, 18, 60 yard shuttle</td>
<td>:32</td>
</tr>
<tr>
<td>6, 18, 60 yard shuttle</td>
<td>:33</td>
</tr>
<tr>
<td>1/4 mile</td>
<td>1:17</td>
</tr>
<tr>
<td>6, 18, 60 yard shuttle</td>
<td>:33</td>
</tr>
</tbody>
</table>

1/2 mile Race ______ : Under 2:50 for last 1/2 mile is mid-team level

*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 2 minute (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

5. 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 2 minute 50% of max runs
   2 x 30 second 60-70% of max runs
   2 x 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)
   2 x 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

5 Abdominal exercises, 20 repetitions each

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

In This Order

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bench Press, 12 reps</td>
<td>push</td>
</tr>
<tr>
<td>Chin-ups, 12 reps</td>
<td>pull</td>
</tr>
<tr>
<td>Walking Lunges, 12 each leg</td>
<td>leg</td>
</tr>
<tr>
<td>DB Shoulder Press, 12 reps</td>
<td>push</td>
</tr>
<tr>
<td>DB Rows, 12 reps</td>
<td>pull</td>
</tr>
<tr>
<td>Step-ups, knee to chest, 12 each leg</td>
<td>leg</td>
</tr>
<tr>
<td>Bench Press, 12 reps</td>
<td>push</td>
</tr>
<tr>
<td>Chin-ups, 12 reps</td>
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<tr>
<td>Step-ups, knee to chest, 12 each leg</td>
<td>leg</td>
</tr>
</tbody>
</table>

Abdominal Exercises

Crunches, 20
V-Sit, Side to side, 20
Hip lifts, 29
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 exercisef. 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
Pull-ups – with knee to chest, 12 reps
Box Jumps, 12 total
Explosive Push-ups with a clap, 12 reps
DB Rows, 12 reps
Diagonal lunges, 12 total each leg
DB Curl to Shoulder Press, 12 reps
Pull-ups – with knee to chest, 12 reps
Box Jumps, 12 total
Explosive Push-ups with a clap, 12 reps
DB Rows, 12 reps
Diagonal lunges, 12 total each leg

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

Rhythmic 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, from
- 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 - clockwise
  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