

# PRO SOCCER FITNESS TRAINING 6-Week Program

**Always Wanted to Have Fitness Training  
Like a Pro? Now You Can!**

## Prepare for Your Trial or Pre-Season Like a Pro



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# **Pro Soccer Fitness Training 6-Week Program**

## **Prepare for Your Pro Trial or Team Pre-Season Like a Pro**

Ever wanted to train like a pro? Here's your chance. Taken from Professional sides from Europe this 6-week program will get you ready for your preseason, season or first pro trial.

If you've ever wondered if your fitness was at the highest level or if you wanted to know the type of fitness you will need if you are to play professionally. This 6 week program will not only prepare you for that but educated you on the level of conditioning it takes to be a pro.

## **Benefits**

- 1) Comparing your soccer fitness level to how pro teams prepare for their seasons
- 2) Raising your level of fitness to that of the pro level.
- 3) Gaining advantage on opponents whose fitness levels aren't as high.

Soccer is a running sport combining both Aerobic and Anaerobic Endurance. This program focuses on both developing the Aerobic and Anaerobic thresholds as well as building Speed and Muscular Endurance.

## **Warm-Up/Cool-Down**

Prior to doing each pro level workout a proper Warm-Up for a minimum 15 minutes should be done to avoid injury and produce maximum results during each workout. This could be jogging with light exercise of the major muscle groups, juggling a ball while dribbling around a pitch or whatever else to get you into a good sweat.

A proper Cool-Down after a workout of at least 15minutes with static stretching is to be done to properly recover for the next days workout and should be continued all week long for maximum results.

## Rest Days

Please listen to your body and use these days to their fullest. Thinking you're going to run on your days off to do more will only be counter productive in the long run. I suggest as an option, including either a Yoga or Static Stretching routine as a means to help with muscle recovery, increase injury prevention and gain flexibility on your days off.

## Pro Conditioning Work-Outs

### **Anaerobic/Speed**

- Shuttle Run (SR22)
- Suicide 50 (S50)
- 15/30/15 (15/30/15)
- Up & Back (U&B)
- Ladder 1 and 2 (L1) & (L2)
- Fast and Furious (FF)

### **Aerobic/Endurance**

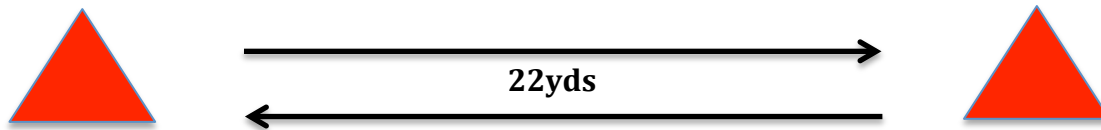
- Back Tracker 1,2 and 3 (BT1) (BT2) (BT3)
- 50/50 Lap (50/50)
- 1 Mile Repeats (1MR)
- 1 Mile + 800's (1M+800s)
- 1 Mile + 400/800's (1M+400/800)
- 30mins Fartlek One (30m F1)
- 30mins Fartlek Two (30m F2)
- 30mins Fartlek Three (30m F3)
- 30mins Fartlek Four (30m F4)
- Easy 30 minutes (E30)

# Explanation of Workouts

## Shuttle Run 22(SR22)

### Set Up

-Place two cones 22 yards apart from one another.



### Execution

-Sprint 22 yards and back to the start 3 times (6 sprints total) in 30 seconds. Up/back/Up/back/Up/back x 3

-You then have 30 seconds to rest.

-There and back 3 times is one Rep, 5 Reps makes 1 Set. Complete 3 Sets. 3 minute break between sets.

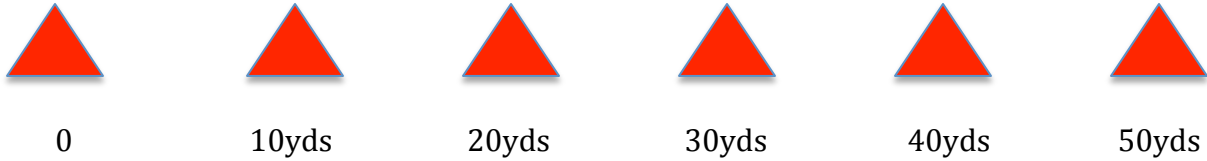
	<b>Weeks 1 and 2</b>	<b>Weeks 3 and 4</b>	<b>Weeks 5 and 6</b>
<b>Time</b>	3 Sets of 5 Runs	3 Sets of 5 Runs	3 Sets of 5 Runs
	<i>Distance 22yds</i>	<i>Distance 23yds</i>	<i>Distance 24yds</i>
0-:30 sec	RUN	RUN	RUN
:30- 1 min	REST	REST	REST
1min – 1:30	RUN	RUN	REST
1:30 – 2	REST	REST	REST
2-2:30	RUN	RUN	RUN
2:30-3	REST	REST	REST
3-3:30	RUN	RUN	RUN
3:30-4	REST	REST	REST
4-4:30	RUN	RUN	RUN
4:30-7	End of Set REST	End of Set REST	End of Set REST

**\*\*\*Workout will take 21 minutes to complete start to finish.**

## Suicide 50 (S50)

### Set Up

-Take six cones at 10-yard intervals from start cone to 50 yards cone.



### Execution

Start at 0

**Run 10 yards and back to start**

*Turn*

**Run 20 yards and back to start**

*Turn*

**Run 30 yards and back to start**

*Turn*

**Run 40 yards and back to start**

*Turn*

**Run 50 yards and back to start**

REST 2min

=1 Set

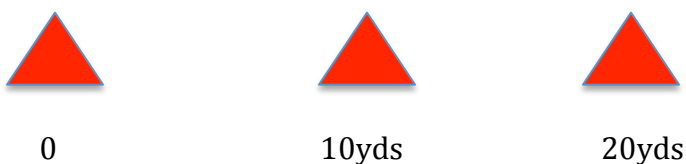
**\*\*\*Complete 5 sets with 2-minute rest between sets.**

## Up & Back (U&B)

This workout will be completed in conjunction with the Suicide 50 (S50).

### Set Up

-Remove the 30,40 and 50yd cones. Leave the start, 10 and 20-yard cones from the Suicide 50 workout.



## **Execution**

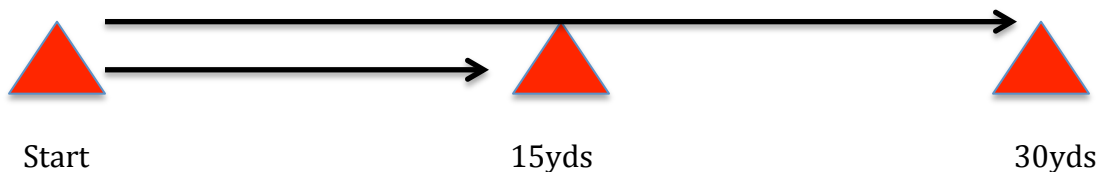
Sprint 10 yards and backpedal (run backwards) to start.  
Turn  
Sprint 20 yards and backpedal (run backwards) to start.  
Complete this 4 times which = 1 Set

Complete 5 Sets (5 Runs) with 2-minute rest between sets.

## **15/30/15**

### **Set Up**

Use 3 cones to set up the workout placing one at the start, one at 15yds and one at 30yds from the start.



This sprint workout is to be done at maximum effort.  
There are 3 sections to this workout all to be completed in one outing.

### **Phase 1**

**Exercise:** 20 sprints at 15yds (15X20)

**Execution:** Sprint 15yds, jog back to start also used as your rest time (20secs) and go again.

*After 20 sprints at 15yds is complete REST for 2minutes and move on to Phase 2.*

### **Phase 2**

**Exercise:** 14 Sprints at 30yds (30x14)

**Execution:** Sprint 30yds, jog back to start also used as your rest time (30secs) and go again.

*After 14 sprints at 30yds is complete REST for 2minuts and move on to Phase 3*

### **Phase 3**

**Exercise:** 20 sprints at 15yds (15X20)

**Execution:** Sprint 15yds, jog back to start also used as your rest time (20secs) and go again.

Workout Complete!

## **Ladder 1 (L1)**

### **Execution**

Perform this exercise at a local track if possible:

Run 100m between 13 – 17 seconds; Rest 1 minute .

Run 200m between 27 – 33 seconds; Rest 2 minutes

Run 300m between 44 – 50 seconds; Rest 3 minutes

Run 400m between 59 – 71 seconds; Rest 4 minutes

Run 300m between 44 – 50 seconds; Rest 3 minutes

Run 200m between 27 – 33 seconds; Rest 2 minutes

Run 100m between 13 – 17 seconds; Finished

## **Ladder 2 (L2)**

### **Execution**

Perform this exercise on a local track if possible:

Run 100m between 12 – 15 seconds; Rest 1 minute

Run 200m between 25 – 31 seconds; Rest 1:45 minutes

Run 300m between 40 – 45 seconds; Rest 2 minutes

Run 400m between 55 – 67 seconds; Rest 2:30 minutes

Run 300m between 40 – 45 seconds; Rest 2 minutes

Run 200m between 25 – 31 seconds; Rest 1:45 minutes

Run 100m between 12 – 15 seconds; Finished

## **Fast and Furious**

### **Fast and Furious (FF)**

#### **Set Up**

Perform this exercise on a track or turf field with yardage marked on it..

Set-up a cone/marker at 20yds, 40yds, 60yds and 100yds.

#### **Sequence**

6 x 100yd sprints (max effort) with 2 minutes rest/recovery between reps.

8 x 60yd sprints (max effort) with 1 minute rest between reps.

10 x 40yd sprints (max effort) with 50 seconds rest between reps.

15 x 20yd sprints (max effort) with 30 seconds rest between reps.

### **Back Tracker 1 (BT1)**

Run easy out in one direction for 25minutes; On the way back increase pace arriving in 19-21 minutes.

### **Back Tracker 2 (BT2)**

Run easy out in one direction for 25minutes; On the way back increase pace arriving in 17-19 minutes.

### **Back Tracker 3 (BT3)**

Run easy out in one direction for 25minutes; On the way back increase pace arriving in less than 17 minutes.

## **1 Mile Repeats (1MR)**

### **Set Up**

Complete this workout on a regulation track with a stopwatch, wristwatch or phone to keep track of laps and time.

### **Execution**

\*\*\*4 Laps of a 400m track is the rough equivalent of 1 Mile; this will be the measure for time.

Run 1<sup>st</sup> 1 Mile at 6 mins and 15 seconds (or less), REST for 5 mins.

Run 2<sup>nd</sup> 1 Mile at 6 mins and 5 seconds (or less), REST for 5 mins.

Run 3<sup>rd</sup> 1 Mile at 6 mins (or less), REST and RECOVER.

Finish with 1/2 - 1 Mile Easy.



# 50/50 Lap (50/50)

## Set Up

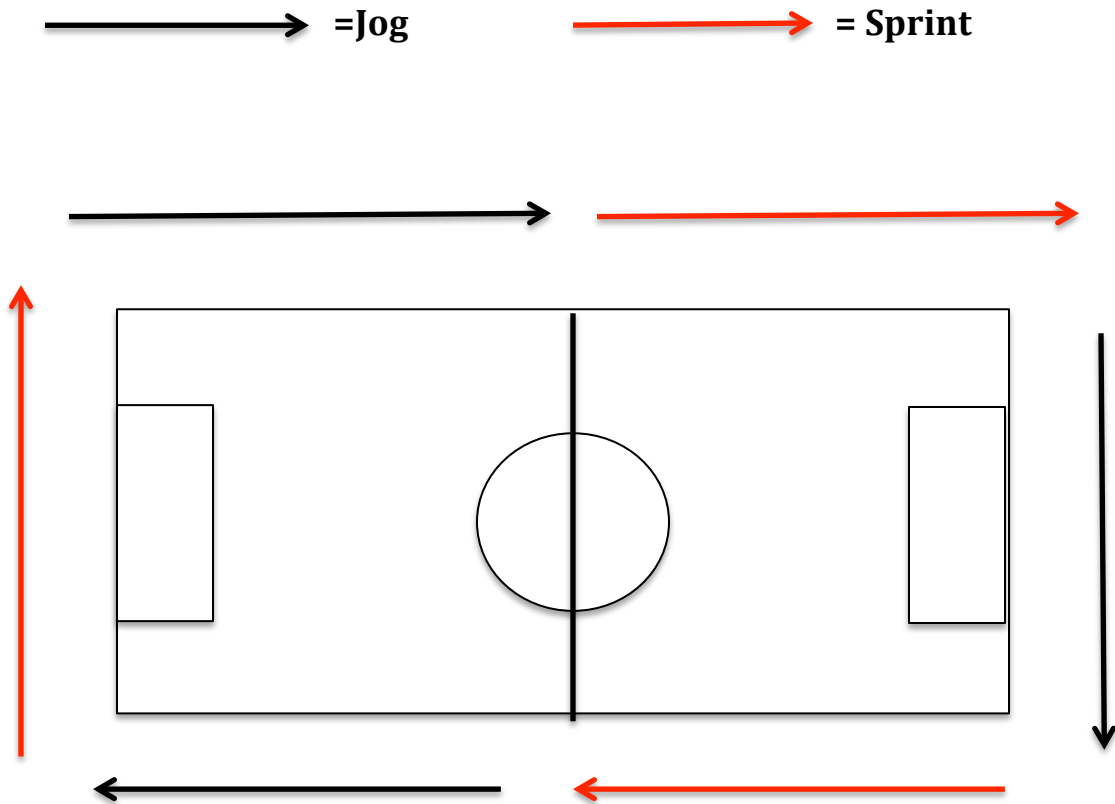
To be completed around a standard soccer field.

## Execution

-Jog 3 laps around the outside of the field at easy pace. Continue jogging without rest.

-Alternate jogging and sprinting every 50 yards for 3 laps then rest.

3 Laps Alternating Jog and Sprint = 1 Set,  
Complete 5 sets with 2-minute rest between sets



## **1 Mile + 800's (1M+800s)**

Keep track of time with stopwatch or phone

\*\*\*4 Laps of a 400m track is the rough equivalent of 1 Mile; this will be the measure for time. 800m = 2 full laps of a 400m track!

Run 1 Mile at 6 mins (or less), REST for 5 mins.  
Run 800m between 2:25 – 2:40, REST for 5 mins.  
Run 800m between 2:25 – 2:40, REST for 5 mins.  
Run 800m between 2:25 – 2:40. REST and RECOVER.  
Finish with 1/2 - 1 Mile Easy.

## **1 Mile + 400/800's (1M+400/800)**

Keep track of time with stopwatch or phone.

\*\*\*4 Laps of a 400m track is the rough equivalent of 1 Mile; this will be the measure for time. 400m = 1 full lap of a 400m track; 800m = 2 full laps!

Run 1 Mile at 6 mins (or less), REST for 5 mins.  
Run 400m between 65 - 70 seconds, REST for 2 1/2 mins.  
Run 800m between 2:20 – 2:35, REST for 5 mins.  
Run 400m between 65 – 70 seconds, REST for 2 1/2 mins.  
Run 800m between 2:20 – 2:35, REST for 5 mins.  
Run 400m between 62 – 67 seconds, REST and RECOVER.  
Finish with 1/2 a Mile Easy.

## **30 Minutes Fartlek One (30m F1)**

This is a 30 minute run with a 30 second sprint at the 4<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 16<sup>th</sup>, 20<sup>th</sup>, 24<sup>th</sup> and 28<sup>th</sup> minute. (=7 x 30 second sprints in a 30min run with 3:30 between each sprint).

## **30 Minutes Fartlek Two (30m F2)**

A 30 minute run with a 30 second sprint at the 3<sup>rd</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 15<sup>th</sup>, 18<sup>th</sup>, 21<sup>st</sup>, 24<sup>th</sup> and 27<sup>th</sup> minute. (=9 x 30 second sprints in a 30min run with 2:30 between each sprint).

### **30 Minutes Fartlek Three (30m F3)**

A 30 minute run with a 30 second sprint at the 2min, 4:30min, 7min, 9:30min, 12min, 14:30min, 17min, 19:30min, 22min, 24:30min, 27min and 29:30min.  
(=12 x 30 second sprints in a 30min run with 2 minutes between each sprint).

### **30 Minutes Fartlek Four (30m F4)**

A 30 minute run with a 15 second sprint after each 1 minute.  
Perform a 15 second sprint at 1min, 2:15, 3:30, 4:45, 6:00, 7:15, 8:30, 9:45, 11:00, 12:15, 13:30, 14:45, 16:00, 17:15, 18:30, 19:45, 21:00, 22:15, 23:30, 24:45, 26:00, 27:15, 28:30 and 29:45.  
(=24 x 15 second sprints with 1 minute between each sprint).

### **Easy 30 Minutes (E30)**

Keep track of time with stopwatch or phone.  
This is just an easy 30minute jog at half speed for recovery purposes mainly.

20 minute stretch after completion of run.

# Training Schedule

Remember that this pro training program is over a 6-week period. If you are training for longer than that leading up to your pre season or trial then adjust workouts accordingly.

## Week One

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day7
<i>REST DAY</i>	<i>REST DAY</i>	SR22	<i>REST DAY</i>	1MR	15/30/15	<i>REST DAY</i>

## Week Two

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day7
SR22	30MF1	<i>REST DAY</i>	15/30/15	S50 AND U&B	BT1	<i>REST DAY</i>

## Week Three

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day7
SR22 (23yds)	30MF2	<i>REST DAY</i>	L1	1M+800s	BT2	<i>REST DAY</i>

## Week Four

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day7
<b>SR22</b> <i>(23yds)</i>	<b>30MF3</b>	<b><i>REST DAY</i></b>	<b>15/30/15</b>	<b>1M+800s</b>	<b>BT3</b>	<b><i>REST DAY</i></b>

## Week Five

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day7
<b>SR22</b> <i>(24yds)</i>	<b>30MF4</b>	<b><i>REST DAY</i></b>	<b>1M + 400/800</b>	<b>E30</b>	<b><i>REST DAY</i></b>	<b><i>REST DAY</i></b>

## Week Six

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day7
<b>50/50</b>	<b>FF</b>	<b><i>REST DAY</i></b>	<b>L2</b>	<b>E30</b>	<b><i>REST DAY</i></b>	<b><i>REST DAY</i></b>

### Additional Information

-Several of the workouts require cones but you can use anything really (shoes, rocks, bottles etc).

-Using a turf field with yard markers on the field already will help you measure out

some of the workouts. If not taking one large stride will equal one yard if you have no other way to gage the measurement.

-If the workouts are too difficult or too easy adjust appropriately, the important thing is to see improvement over the 6 weeks. Good Luck at your first trial or pre season, one thing is for sure, you'll be fit.

I would love to hear your feedback. Please send your comments through <http://www.soccer-training-methods.com/contact-a-pro.html>

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