

Vero Beach High School Girl's Soccer Summer Speed Program

This is for our anaerobic fitness base and also for our speed development (to be able to sprint for 90-minutes and still have your legs for a game the next day). This does not help your wind aerobic base) but it is just as critical for the way we play our game (at a sprint). If done properly and consistently, (explosively and as fast as you can go), this will also improve your speed through the summer. Remember this is just part of what you have to do. You must continue training with the ball and playing short sided games - this speed training does not help change of direction (strength in cutting, etc.), in fact without anything else your speed training will hurt your agility.

SPRINT ALL OUT ON EVERY SPRINT! - Do not pace yourself

TAKE FULL REST PERIOD! (Not less)

CONCENTRATE ON EXPLOSIVE STARTS! (Driving knees, leaning forward, pumping arms)
keep stride smooth and powerful throughout sprint.

<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>	<u>WEEK 4</u>
July 1-July 7	July 8-July 15	July 16-July 23	July 24-July 31
8 X 20 yds	10 X 20 yds	12 X 20 yds	14 X 20 yds
6 X 40 yds	8 X 40 yds	10 X 40 yds	10 X 40 yds
4 X 60 yds	6 X 60 yds	6 X 60 yds	8 X 60 yds
2 X 80 yds	4 X 80 yds	4 X 80 yds	6 X 80 yds
1 X 100 yds	2 X 100 yds	3 X 100 yds	4 X 100 yds
1 time per week	1 time per week	1 time per week	1 time per week
<u>WEEK 5</u>	<u>WEEK 6</u>	<u>WEEK 7</u>	<u>WEEK 8 - 10</u>
Aug 1-Aug 8	Aug 9-Aug 16	Aug 17- Aug 25	Aug 26-Sept 16
16 X 20 yds	18 X 20 yds	20 X 20 yds	20 X 20 yds
10 X 40 yds	10 X 40 yds	10 X 40 yds	10 X 40 yds
8 X 60 yds	8 X 60 yds	8 X 60 yds	8 X 60 yds
6 X 80 yds	6 X 80 yds	6 X 80 yds	6 X 80 yds
4 X 100 yds	4 X 100 yds	4 X 100 yds	4 X 100 yds
1 time per week	1 time per week	1 time per week	1 time per week

If your competitive soccer teams are not including a speed / agility day in your training, continue to work once a week during September with the schedule for Week 8 – 10. We will begin our Pre-season work the week of September 21st, 2009.

Rest Period Weeks 1 - 7

30 seconds for 20's
45 seconds for 40's
60 seconds for 60's
75 seconds for 80's
90 seconds for 100's

Rest Period Weeks 8 - 10

20 seconds for 20's
30 seconds for 40's
45 seconds for 60's
60 seconds for 80's
75 seconds for 100's

HARD WORK ALWAYS BEATS TALENT, WHEN TALENT STOPS WORKING HARD!