Fellas,

I hope you are all well and ready for the 2014 season. Preseason will be here before you know it. Coach Laux and I have been working together to put a program together to have you guys in tip top shape for camp in August. I always look at preseason as a progression and not the start of anything. You guys have a responsibility to yourself and the rest of the team to come to camp ready. Lack of conditioning will have a direct effect on your skill, performance, and ability to both recover after training and games, AND stay healthy. Stick to the plan and I promise you will be ready come August. No need to reinvent the wheel, this program is soccer specific and effective.

**Summer Program Explanation**

We are looking at three phases broken into 4 weeks each. Each phase will be sent out separately. The bottom line is we are trying to create maximum work capacity and then build maximum strength, power, and speed to go along with it. This program is about QUALITY vs QUANTITY. I am sure some of you will look at the program and think you can do more BUT I promise you if you do it the RIGHT way it will be more than enough. You will have some opportunity to do more so just take it as it is presented to you.

The runs are outlined in this program. The first phase, weeks 1-4, is an aerobic phase. There are 5 runs a week that must be completed. Make sure you pay attention to the work vs. rest times. Your work time should be completed with MAXIMUM effort. For your rest in this phase, you can simply stand or walk slowly, do not sit down. Note that all runs are interval based except run 5, which is a simple continuous pace run.

The lifting will become more sport specific as we want to maximize power and speed so your lifting numbers will not be big and heavy as we want to maximize speed of movements. Slow and heavy does not transfer onto the field. **For weeks 1-4 you will do the same exercises each day you lift but with a special variation.** This is a very effective way to train. Day 2 and 3 CAN be done back to back but it’s always best to have a day off from lifting in between each lift. Running can and should be done on any day, including on days you lift (obviously). The lifting in this phase is also aerobic just like the running, allowing us to train the SAME ENERGY SYSTEM. In Phase 1, MOST exercises on day 1 and 3 will be done for a specific time or time count as opposed to a specific number of repetitions. Day 2 is your simple repetition day and the day on which you will lift the heaviest weight. **For Day 1 make sure that you understand when there are numbers in the “Tempo” portion you must follow those numbers.** For example if you see “Bench” with a tempo of 2sec 0sec 2sec that means you must take a full 2 seconds on your way down to the chest and a full 2 seconds on your way back to the top with NO PAUSE. So it will in essence be a controlled 4 second repetition.

This is 100% about soccer. This is not about your beach body or anything else. We want to maximize our ability to be effective soccer players and succeed as a unit. Please feel free to email me with any questions and concerns if Coach Laux is unable to answer anything.
NOTE: Always start each day with the core work (attached separately from the lifting sheet). VIDEOS for Core and lifting work can also be found on a separate attached file.

SPECIAL NOTE On Power Cleans: For your Power Cleans in this phase do them as you did this offseason. Bar on the ground, butt down, hips forward, EXPLODE up using a shrug and upright row motion (do not bend over to get the bar squat down) This time, do not finish deep in the front squat position simply finish high in an upright position drop the bar and go again. Once your set is complete immediately do 5 explosive weightless squat jumps then rest as assigned. Super Heavy weight is not necessary, this is about how fast you can get from the floor to top (hip extension).

In Strength

--
James T. Ferris
www.gymferris.com
NSCA-CSCS