

2019 Fuquay-Varina Mens Soccer

Included in this packet is an example workout schedule for summer. Official summer workouts have not been set yet as we are still looking for a varsity coach at this time. If we do not have official summer workouts, the enclosed workout schedule is absolutely mandatory. We had over 70 boys tryout for 40 spots last season, so it is in your best interest to come to tryouts in the best shape possible. If we do hold official summer workouts, they will be posted on this website. Please check this page frequently as it will have the most up to date information. You are also welcome to reach out to me via email this summer if you have questions regarding workouts. Try-outs begin Thursday, August 1, 2019. Before you can tryout, all student-athletes must have a TICKET-2-PLAY. A TICKET-2-PLAY is a wristband that each student-athlete receives once their eligibility is verified by the Athletic Director and Athletic Trainer. Ticket 2 Play sessions will take place at Willow Spring High School on the following dates: 7/29 from 10am until 12pm, 7/30 from 1pm until 3pm and on 7/31 from 10am until 12pm. Athletes that are not WEARING their assigned wristband on the first day of try outs will not be allowed to try out. I look forward to an awesome season ahead! ROLL BENGALS!

Coach Montgomery

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****Static stretches:** on your off days I still want you stretching for a good 10-15 minute period while holding each stretch for a solid 25-30 seconds. Warm up a little before stretching on off days, a series of jumping jacks, jogging in place, pushups, etc. This will hopefully reduce the number of injuries, as a whole team, we face this year. Always stretch after running as well!! **DO NOT SKIP STRETCHING**, you're only hurting yourself. Stretches that I would like you to include; hip flexor, standing quad stretch, standing calf stretch, seated groin and inner thigh stretch, seated hamstring stretch **AND** feel free to include any other stretches. **LISTEN** to your body, if something is sore, stretch it. If you don't know what the stretches are that I have listed above; google them!

****Remember** this conditioning schedule is a **GUIDE**. Dependent on your position, you may feel like you can/need to run more, if you can, please do!! Remember it is important to have an endurance base but where soccer players benefit the most are with explosive movements and sprints. If you're playing club this summer, those long runs or recovery runs can absolutely be substituted for game days or even practice days dependent on what you did in practice. The actual dates that you have off are dependent on your personal schedule, feel free to jumble the week up as you please **BUT** do not exceed more than 3 rest days a week. If you feel like you're not getting faster and stronger, than you probably need to do more. You should by the 4th/5th week feel less winded at the end of your workout and will need less time to recover in between sprints. Also do not neglect to strengthen your core through ab workouts, so much of what we do comes from our core and it'll only help in the long run. If at all possible, try to get into the gym this summer. **Planet Fitness is offering FREE memberships to high school students this summer!!!!** Strengthening your hamstring, quads, and lower body will help you be a stronger soccer player. By the time tryouts roll around, again, depending on your position, you should be at a 6:15-7:15 mile time. This isn't an absolute but it's definitely something I would like you all to strive for.

JUNE 2019

Sun

Mon

Tue

Wed

Thur

Fri

Sat

9 Take a few days off! Reflect on your academic year. What went well, what didn't?	10	11 *Studies have shown that soccer players run on average 5-7 miles a game!!! Get yourself mentally prepared to start getting into shape!!	12	13 1.5 miles: comfortable pace without stopping (take note of your time)	14 OFF	15 .5 mile or 2 laps around a soccer field warmup then: 120s x8 Sprint the length of a soccer field with 30-40 second rest btwn. each sprint
16 1.5 miles: comfortable pace w/o stopping (take note of your time)	17 OFF Get some touches in!	18 Hill Sprints: Half mile flat road warm up; If you can find a decent hill, sprint up x8, walk down as your rest	19 Recovery Run: 1.5 miles at a slower pace but w/o stopping, incorporate any ab workouts, body squats, lunges as a cool down afterwards	20 .5 mile warm up then: 120s x8 , 30-40 sec rest in btwn each	21 OFF	22 1.5 mile run: sprint for 30 seconds every 90 seconds
23 Recovery Run: 2 miles at a slower pace, ab workout, lunges, etc.	24 OFF	25 120s x10 : 30-40 sec rest in btwn each	26 OFF Get some touches in!	27 2 miles: sprint for 30 sec every minute	28 OFF Get some touches in!	29 Hill Sprints: .5 mile warm up, sprint up x8, walk down as rest

July 2019

Sun

Mon

Tue

Wed

Thur

Fri

Sat

30 Recovery Run: 2 miles at a slower pace, ab workout, lunges, etc.	1 120s x10 : 30-35 sec rest in btwn	2 OFF Get some touches in!	3 2 miles: sprint for 30 sec every minute	4 OFF	5 .25 mile warmup then Run 1 mile as fast as you can (take note of time)	6 Recovery Run: 2 miles at a slower pace, ab workout, lunges, etc
7 120s x12 : 30-35 sec rest in btwn	8 OFF Get some touches in!	9 Hill Sprints: .5 mile warm up, sprint up x10, walk down as rest	10 OFF	11 2.5 miles: sprint for 30 sec every minute	12 OFF Get some touches in!	13 Recovery Run: 2 miles at a slower pace, ab workout, lunges, etc.
14 120s x12 : 20-25 sec rest in btwn	15 Hill Sprints: .5 mile warm up, sprint up x10, walk down as rest	16 OFF Get some touches in!	17 2.5 miles: sprint for 30 sec every minute	18 OFF Get some touches in!	19 .25 mile warmup then Run 1 mile as fast as you can (take note of time)	20 Recovery Run: 2 miles at a slower pace, ab workout, lunges, etc
21 120s x12 : 15-20 sec rest in btwn	22 OFF	23 2.5 miles: sprint for 30 sec every minute	24 OFF	25 120s x12 : 15-20 sec rest in btwn	26 .25 mile warmup then Run 1.5 miles as fast as you can (take note of time)	27 Recovery Run: 2.5 miles at a slower pace
28 OFF	29 120s x12 15-20 sec rest in btwn.	30 OFF *Be sure to take 2 days off before tryouts	31 OFF	1 Try Outs Day 1 7:30-9:30AM	2 Try Outs Day 2 7:30-9:30AM	3 Final rosters will be posted by morning