

# **SAN JOSÉ STATE WOMEN'S SOCCER**



**2008**

**SPARTAN SUMMER  
WORKOUT PROGRAM**

**CHAMPIONSHIPS  
ARE WON IN THE  
OFF-SEASON!!!**

# Spartan Summer Workout Program

The Spartan Summer Workout Program is designed to develop a strong fitness base along with a fundamental ball awareness, that will prepare us for the great challenges that lie ahead of us! Our job is to win WAC Championship crown. With an incredibly challenging schedule ahead of us, we must each do our part in making certain that we achieve the highest degree of success as a team.

The summer workout program has been broken down into different sections. Each section has a different type of fitness or technical training. We have prioritized them for you to maximize your ability to grow as a player. Each of you may have different needs to properly develop, so we have taken the time to tailor separate workouts and priorities for each of you to meet your individual needs as a player. All of you will be doing most of the same exercises, but with different frequency. If you are diligent and disciplined in your training, you will see tremendous results on the field this fall.

There are seven sections in the summer workout program, ranging from playing in games, to aerobic fitness, to anaerobic fitness. You will have five days where you will combine an exercise from different sections to complete your workout for the day. In addition, you will have an extra day to workout where you have the freedom to cross-train (i.e. swimming, rollerblading, basketball, etc.) And you should always take one day off. All of the components can be completed by yourself, but your workout will be greatly enhanced if you find a partner to push you to your physical and mental edge.

It is important to develop a “training mentality” in your workouts. You should train 5-6 days a week, take one day off where you literally do nothing physical. On days in which you feel energetic, train twice (morning and evening) but never train for longer than 1 1/2 hours in a row - **DO NOT BURN OUT!!!** There is only a certain amount of time in each day so organize your time properly to achieve peak performance in your training. Understand what is critically important and what is less important. Determine what you can do in the morning and then still be able to train with intensity in the evening. Envision that you are a coach trying to get you, as a player, to be the best that you can be. **REMEMBER, IT IS NOT WHETHER OR NOT YOU WORKOUT, BUT HOW HARD YOU PUSH YOURSELF IN YOUR WORKOUT THAT MAKES ALL THE DIFFERENCE.**

# CHAMPIONS ARE BUILT IN THE OFF-SEASON

# Summary of Workouts

Each of the five days of the summer workout program you will complete three exercises. We will assign what group you will choose your exercises from and you will pick one thing from each group. For example, if on a certain day you have Group E, Group A, and Group B, you will do the juggling warm-up or equivalent from Group E, then you can do twelve 120's from Group A, and finally you can do a 30 minute hard run from Group B. In other words, you choose one exercise from each group you have to complete for the day.

Here are the groups and different exercises in each group to choose from. These groups and exercises are described in greater detail in each section of this packet. Also, the groups have been ranked in order of importance so that you can help decide how much better you want to be.

**Group A**  
**Sprint Component**  
12 - 120's  
12 - Cones  
17's  
Triple Sprints  
Super Sets  
Hills

**Group B**  
**Aerobic Fitness Component**  
3-5 mile hard run  
30 minute hard run  
30 minute Interval hard run  
Ovals  
8 - Crazy 8's  
10 - Sections  
10 - X's  
8 Suicides  
Swedish Cooper  
Around the Box - 10 minutes  
each way

**Group C**  
**Ball Skill Component**  
Coerver Workout  
Summer Skill Program  
Wall Ball Workout

**Group D**  
**Anaerobic Speed Component**  
Anaerobic Fitness - 20s, 40s,  
60s, 80s, 100s  
Plyometric Workout  
Pro Agility

**Group E**  
**Juggling Warm-up**  
Juggling Warm-up  
Other ball related warm-up

**Group F**  
**Game Component**  
11 v. 11  
1 v. 1  
2 v. 2  
4 v. 4  
7 v. 7  
etc.

**Group G**  
**Fitness Test Component**  
Cooper  
SebCoe  
Gauntlet  
Danish Beep Test

**Groups A - G**  
**Importance Level**

1. **Sprint Component**  
Group A
2. **Aerobic Fitness**  
Group B
3. **Game Activity**  
Group F
4. **Technical Development**  
Group C & Group E
5. **Anaerobic Speed Training**  
Group D
6. **Fitness Testing**  
Group G

***Championships are not won..***  
***They are earned!***