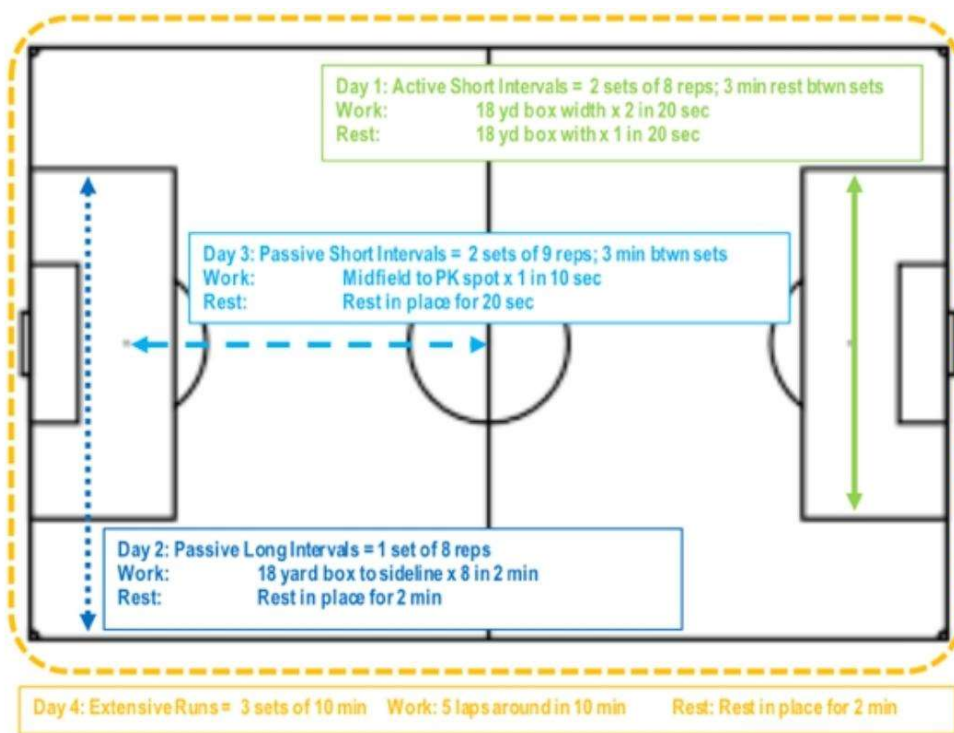


Date	Day	Type	Work Interval	Rest Interval	# of Shuttles	Amt of work	Rest Between Sets	Work distance (meters)
11-Jul	1	Active Short Intervals	20 sec	20 sec	2	2 sets of 8 reps	3 min	40
12-Jul	2	Passive Long Intervals	2 min	2 min	6	1 set of 4 reps	n/a	54
13-Jul	3	Passive Short Intervals	10 sec	20 sec	1	2 sets of 7 reps	3 min	45
<b>PRACTICE 6:30 - 7:45 FCD #17</b>								
14-Jul	4	Extensive Runs	10 min	n/a	n/a	3 sets	2 min	5 laps
15-Jul	5	REST						
16-Jul	6	<a href="https://www.TotalSoccerandFitness.com/ladder">https://www.TotalSoccerandFitness.com/ladder</a>						



**Day 1:** Put two cones 40 meters apart. Sprint down and back in 20 sec. Jog to other side in 20 sec. Repeat 6 times. Rest for 3 minutes. REPEAT

**Day 2:** Put two cones 54 meters apart. Sprint down and back 6 times in 90 sec. Rest for 90 sec Repeat 4 times

**Day 3:** Put 2 cones 45 meters apart. Sprint to second cone in 10 sec. Rest for 20 sec. Repeat 7 times. Repeat for second set

**Day 4:** Find a soccer field. Complete 4.5 laps around in 9 min. Rest or 1 min. Repeat 3 times.

**Day 6:** Goto the website and complete the workout listed.