

| Date | Day | Type | Work Interval | Rest Interval | # of Shuttles | Amt of work | Rest Between Sets | Work distance (meters) |
|--------------------------|-----|--------------------------|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------|------------------|-------------------|------------------------|
| 25-Jul | 1 | Sprint Interval Training | 20 sec | 100 sec | 3 | 3 sets of 5 reps | 4 min | 35 |
| PRACTICE 7:00 TBD | | | | | | | | |
| 26-Jul | 2 | Repeat Sprint Training | 2 sec | 20 sec | 1 | 4 sets of 6 reps | 5 min | 10 |
| 27-Jul | 3 | Long Tempos | 30 sec | 90 sec | 4 | 2 sets of 6 reps | 4 min | 30 |
| PRACTICE 7:00 TBD | | | | | | | | |
| 28-Jul | 4 | | Square Run | https://www.TotalSoccerandFitness.com/square-run | | | | 20 |
| 29-Jul | 5 | REST | | | | | | |
| 30-Jul | 6 | Timed | 2 mile run. Send me your time. Juggle for 5 minutes. | | | | | |



Day 1: Put two cones 35 meters apart. Sprint down, back, and down again in 20 sec. Rest for 100 sec. Repeat 5 times. Rest for 4 minutes. REPEAT 2 more times

Day 2: Put two cones 10 meters apart. Sprint down in 2 sec. Rest for 20 sec. Repeat 6 times. Rest for 5 minutes. REPEAT 3 more times

Day 3: Put 2 cones 30 meters apart. Sprint cone to cone 4 times in 30 sec. Rest for 90 sec. Repeat 6 times. Rest for 4min. Repeat for second set

Day 4: Follow instructions on the webpage

Day 6: Timed 2 mile run. Send me your time