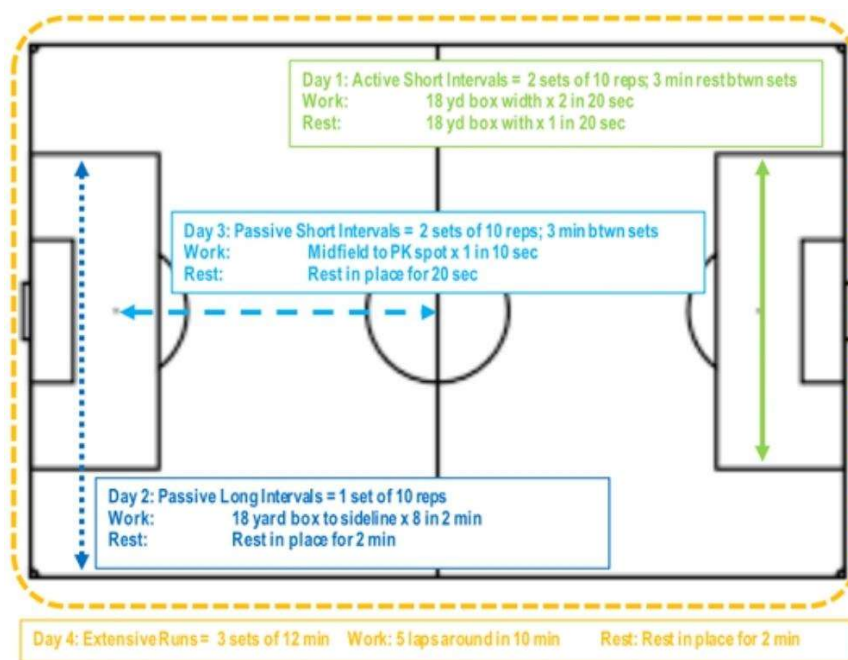


Date	Day	Type	Work Interval	Rest Interval	# of Shuttles	Amt of work	Rest Between Sets	Work distance (meters)
18-Jul	1	Active Short Intervals	20 sec	20 sec	2	2 sets of 10 reps	3 min	40
19-Jul	2	Skills and Short Intervals	Yo-Yo Run #1	https://www.TotalSoccerandFitness.com/yo-yo-run				20
20-Jul	3	Passive Short Intervals	10 sec	20 sec	1	2 sets of 10 reps	3 min	45
		PRACTICE 7:00 TBD						
21-Jul	4	Extensive Runs	12 min	n/a	n/a	3 sets	2 min	5 laps
22-Jul	5	REST						
23-Jul	6	Yo-Yo Run #2	https://www.TotalSoccerandFitness.com/yo-yo-run					



Day 1: Put two cones 40 meters apart. Sprint down and back in 20 sec. Jog to other side in 20 sec. Repeat 10 times. Rest for 3 minutes. REPEAT

Day 2: Goto the website and complete the workout listed.

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

Day 4: Find a soccer field. Complete 5 laps around in 10 min. Rest in place for 2 min. Repeat 3 times.

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