

## **CR Girl's Soccer 2008—Spring/Summer training schedule** **Not Mandatory**

- Spring Training (after school; 2:30 – 3:30at the track) → June 5<sup>th</sup> until June 26<sup>th</sup>.
- Summer Training (7:30 to 9:00 AM at the CRHS track) → Starts the week of July 8<sup>th</sup> through August 9<sup>th</sup>.

### **Tuesday:**

- Plyometrics – rotate one of the attached workouts alternating in order.
- Speed Workouts – rotate one of the attached workouts alternating in order.
- End with Core workout and upper body weights.

### **Thursday:**

- Speed Workouts/fitness – Choose an alternated workout or do varied workout by coach.
- Ball work
- End with Core workouts and lower body weights.

### **Saturday:** distance @ 8:00 AM. Meet in front of CRHS.

Build distance by week and loop back to beginning at end:

2 miles  
3 miles  
4 miles  
5 miles

- Suggested: one day of distance on your own per week 2 or 3 miles.