

WEEKS 1 - 4 MUSCULAR ENDURANCE TRAINING

Triton Soccer



DAYS 1 & 3	
EXERCISE	SETS - REPS
Barbell Bench Press	3 / 20, 20, 20
Barbell Military Press	3 / 20, 20, 20
Bent-Over Dumbbell rows	3 / 20, 20, 20
Hammer Curls	2 / 20, 20
Dips	Failure
Wide Grip Pull-Ups	Failure

DAYS 2 & 4	
EXERCISE	SETS - REPS
Squats	3 / 20, 20, 20
Leg Press	3 / 20, 20, 20
Calf Raises	3 / 20, 20, 20
Lunges	2 / 20, 20
Leg Extensions	2 / 20, 20
Leg Curls	2 / 20, 20

	MONDAY 5/18	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<u>DAY 1</u>	<u>DAY 2</u>	R E S T	<u>DAY 3</u>	<u>DAY 4</u>
WEEK TWO	MONDAY 5/25	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>DAY 1</u>	<u>DAY 2</u>	R E S T	<u>DAY 3</u>	<u>DAY 4</u>
WEEK THREE	MONDAY 6/01	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>DAY 1</u>	<u>DAY 2</u>	R E S T	<u>DAY 3</u>	<u>DAY 4</u>
WEEK FOUR	MONDAY 6/08	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>DAY 1</u>	<u>DAY 2</u>	R E S T	<u>DAY 3</u>	<u>DAY 4</u>

WEEKS 5 - 8 POWER & EXPLOSIVENESS TRAINING



DAYS 1 & 3	
EXERCISE	SETS - REPS
jump squats	10, 10, 10
power cleans	12, 12, 12
squats	8, 8, 8
lunges	10, 10, 10
box steps	12, 12, 12
calf raises	20, 20, 20

DAYS 2 & 4	
EXERCISE	SETS - REPS
barbell bench press	10, 10, 10
push press	12, 12, 12
wide-grip pull ups	failure
reverse curls	15, 15, 15
dips	failure
bent-over dumbbell rows	12, 12, 12

	MONDAY 6/15	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 5	<u>DAY 1</u>	<u>DAY 2</u>	R E S T	<u>DAY 3</u>	<u>DAY 4</u>
Week 6	MONDAY 6/22	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>DAY 1</u>	<u>DAY 2</u>	R E S T	<u>DAY 3</u>	<u>DAY 4</u>
Week 7	MONDAY 6/29	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>DAY 1</u>	<u>DAY 2</u>	R E S T	<u>DAY 3</u>	<u>DAY 4</u>
Week 8	MONDAY 7/06	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>DAY 1</u>	<u>DAY 2</u>	R E S T	<u>DAY 3</u>	<u>DAY 4</u>