

## ELITE SOCCER OFF SEASON FITNESS

## BLOCK 2 - AEROBIC POWER/ANAEROBIC CAPACITY

**WEEK 6**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
AGILITY LADDER	CONDITIONING TEMPO RUNS	CONDITIONING STEADY STATE RUN	AGILITY LADDER	CONDITIONING TEMPO RUNS
[Grey Box]	[Grey Box]	[Grey Box]	[Grey Box]	[Grey Box]
ACCELERATION:	2:00 Recovery Walk  Repeat  3 Minute Cool Down Jog conversational pace		ACCELERATION:	2:00 Recovery Walk  Repeat  3 Minute Cool Down Jog conversational pace
CONDITIONING			CONDITIONING	
[Grey Box] tween sets			[Grey Box]	

# Middle School Soccer Off Season Conditioning Packet

**AW Rasmussen**

A decorative graphic consisting of a light blue horizontal bar with a rounded right end, and a red circular shape with a gradient, partially overlapping the bar's end.

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