

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 11/3/2015 To: 11/8/2015

| Monday | |
|--------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Tuesday | |
|---------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Friday | |
|--------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 11/9/2015 To: 11/14/2015

| Monday | |
|--------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Tuesday | |
|---------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Friday | |
|--------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From:

11/16/2015

To:

11/21/2015

Monday

| Period | Plan |
|--------|-------------------------|
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

Tuesday

| Period | Plan |
|--------|-------------------------|
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

Wednesday

| Period | Plan |
|--------|------|
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

Thursday

| Period | Plan |
|--------|-------------------------|
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

Friday

| Period | Plan |
|--------|-------------------------|
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

Saturday

| Period | Plan |
|--------|------|
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 11/23/2015 To: 11/28/2015

| Monday | |
|--------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Tuesday | |
|---------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Friday | |
|--------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 130-150 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 11/30/2015 To: 12/5/2015

| Monday | |
|--------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 160-170 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Tuesday | |
|---------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 160-170 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 160-170 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Friday | |
|--------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 160-170 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From:

12/7/2015

To:

12/12/2015

| Monday | |
|--------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 160-170 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Tuesday | |
|---------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 160-170 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 160-170 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Friday | |
|--------|-------------------------|
| Period | Plan |
| 1st | RUNNING 30-45 MINUTES |
| 2nd | WITH HEART RATE 160-170 |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 12/14/2015 To: 12/19/2015

REST IS WALKING BACK TO START

| Monday | |
|--------|--|
| Period | Plan |
| 1st | 40 yd sprint / 6 reps |
| 2nd | 10 yd sprint / 6 reps |
| 3rd | 15 yd backpedal / 6 reps |
| 4th | 10 yd shuffle right then 15 6d spring / 6 reps |
| 5th | Facing forward run to the right on 45 angle 20 yards |
| 6th | |
| 7th | |
| 8th | |

| Tuesday | |
|---------|--|
| Period | Plan |
| 1st | 40 yd sprint / 6 reps |
| 2nd | 10 yd sprint / 6 reps |
| 3rd | 15 yd backpedal / 6 reps |
| 4th | 10 yd shuffle right then 15 6d spring / 6 reps |
| 5th | Facing forward run to the right on 45 angle 20 yards |
| 6th | |
| 7th | |
| 8th | |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|--|
| Period | Plan |
| 1st | 40 yd sprint / 6 reps |
| 2nd | 10 yd sprint / 6 reps |
| 3rd | 15 yd backpedal / 6 reps |
| 4th | 10 yd shuffle right then 15 6d spring / 6 reps |
| 5th | Facing forward run to the right on 45 angle 20 yards |
| 6th | |
| 7th | |
| 8th | |

| Friday | |
|--------|--|
| Period | Plan |
| 1st | 40 yd sprint / 6 reps |
| 2nd | 10 yd sprint / 6 reps |
| 3rd | 15 yd backpedal / 6 reps |
| 4th | 10 yd shuffle right then 15 6d spring / 6 reps |
| 5th | Facing forward run to the right on 45 angle 20 yards |
| 6th | |
| 7th | |
| 8th | |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 12/21/2015 To: 12/26/2015

REST IS JOGGING BACK TO START

| Monday | |
|--------|--|
| Period | Plan |
| 1st | 40 yd sprint / 6 reps |
| 2nd | 10 yd sprint / 6 reps |
| 3rd | 15 yd backpedal / 6 reps |
| 4th | 10 yd shuffle right then 15 6d spring / 6 reps |
| 5th | Facing forward run to the right on 45 angle 20 yards |
| 6th | |
| 7th | |
| 8th | |

| Tuesday | |
|---------|--|
| Period | Plan |
| 1st | 40 yd sprint / 6 reps |
| 2nd | 10 yd sprint / 6 reps |
| 3rd | 15 yd backpedal / 6 reps |
| 4th | 10 yd shuffle right then 15 6d spring / 6 reps |
| 5th | Facing forward run to the right on 45 angle 20 yards |
| 6th | |
| 7th | |
| 8th | |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|--|
| Period | Plan |
| 1st | 40 yd sprint / 6 reps |
| 2nd | 10 yd sprint / 6 reps |
| 3rd | 15 yd backpedal / 6 reps |
| 4th | 10 yd shuffle right then 15 6d spring / 6 reps |
| 5th | Facing forward run to the right on 45 angle 20 yards |
| 6th | |
| 7th | |
| 8th | |

| Friday | |
|--------|--|
| Period | Plan |
| 1st | 40 yd sprint / 6 reps |
| 2nd | 10 yd sprint / 6 reps |
| 3rd | 15 yd backpedal / 6 reps |
| 4th | 10 yd shuffle right then 15 6d spring / 6 reps |
| 5th | Facing forward run to the right on 45 angle 20 yards |
| 6th | |
| 7th | |
| 8th | |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 12/28/2015 To: 1/2/2016

REST IS JOGGING BACK TO START

| Monday | |
|--------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Tuesday | |
|---------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Friday | |
|--------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 1/4/2016 To: 1/9/2016

REST IS JOGGING BACK TO START

| Monday | |
|--------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Tuesday | |
|---------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Friday | |
|--------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 1/11/2016 To: 1/16/2016

REST IS JOGGING BACK TO START

| Monday | |
|--------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Tuesday | |
|---------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Friday | |
|--------|---|
| Period | Plan |
| 1st | 40 yd sprint / 8 reps |
| 2nd | 30 yd sprint / 8 reps |
| 3rd | W-Drill (up 15, back 15, up 15, back 15 / 8 reps) |
| 4th | 30 yd 1/2 circle run / 8 reps |
| 5th | Left sprint 15 yds, then shuffle 10 yds / 8 reps |
| 6th | Right sprint 15 yds, then shuffle 10 yds / 8 reps |
| 7th | |
| 8th | |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 1/18/2016 To: 1/23/2016

REST IS JOGGING BACK TO START

| Monday | |
|--------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Tuesday | |
|---------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Friday | |
|--------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 1/25/2016 To: 1/30/2016

REST IS JOGGING BACK TO START

| Monday | |
|--------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Tuesday | |
|---------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Friday | |
|--------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 2/1/2016 To: 2/6/2016

REST IS JOGGING BACK TO START

| Monday | |
|--------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Tuesday | |
|---------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Friday | |
|--------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

MAGIC CITY U14 SOCCER

OFF SEASON RUNNING PLAN

From: 2/8/2016 To: 2/13/2016

REST IS JOGGING BACK TO START

| Monday | |
|--------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Tuesday | |
|---------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Wednesday | |
|-----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |

| Thursday | |
|----------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Friday | |
|--------|--|
| Period | Plan |
| 1st | 30 yd sprint / 10 reps |
| 2nd | 20 yd spring / 10 reps |
| 3rd | 10 yd spring / 10 reps |
| 4th | 15 yd backpedal / 10 reps |
| 5th | 10 yd backpedal then turn right and spint 20 yds / 10 reps |
| 6th | 10 yd right shuffle then spirnt back 20 yds 10 reps |
| 7th | 10 yd left shuffle then sprint back 20 yds / 10 reps |
| 8th | 30 yd half circles / 10 reps |

| Saturday | |
|----------|------|
| Period | Plan |
| 1st | |
| 2nd | |
| 3rd | |
| 4th | |
| 5th | |
| 6th | |
| 7th | |
| 8th | |