

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	CONDITIONING	AGILITY LADDER	CONDITIONING
	TEMPO RUNS	STEADY STATE RUN		TEMPO RUNS
ACCELERATION:	2:00 Recovery Walk		ACCELERATION:	2:00 Recovery Walk
	Repeat			Repeat
	3 Minute Cool Down Jog conversational pace			3 Minute Cool Down Jog conversational pace
CONDITIONING			CONDITIONING	

Middle School Soccer Off Season Conditioning Packet

R Sanford



Middle School Soccer Off Season Conditioning Packet:

Middle School Soccer Off Season Conditioning Packet Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Middle School Soccer Off Season Conditioning Packet**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

<https://staging.conocer.cide.edu/public/Resources/default.aspx/Irish%20Christmas%20Stories.pdf>

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Middle School Soccer Off Season Conditioning Packet Introduction

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FAQs About Middle School Soccer Off Season Conditioning Packet Books

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