

## Off-Season Soccer Conditioning

Endurance
1-2 miles for 3 to 5 days per week Varsity level: Most competitive high school programs set the goal for varsity players to do 2 miles in 12 minutes
Play in competitive soccer games - (count as your run for the day if you played in a large portion of the game)

Short distance/anaerobic fitness
On 3 to 5 days a week, do at least 2 of the exercises below
25-50 hill sprints
Shuttle runs - Sprint 15 yards back and forth 4 times. Do this 10 times.
Sprinting up stairs-30 flights
Sprint 10 seconds, walk 10 seconds, run 10 seconds-5 to 10 minutes
Play in competitive soccer games (count as both exercises if you play in large portion of game)

Coming into season with proper conditioning is paramount to avoiding injury and being competitive against other teams who have prepared prior to the season.