

Bellaire Women's Soccer

***2013-2014 Holiday Break Fitness Schedule

*All days, including off days, should include dynamic and light stretching, plank, abs, and individual or small group work with a soccer ball.

*This is a minimum plan for you not to lose fitness. You can and probably should be doing more than this on days where you have time (especially with a ball if you can).

*All days also include 5 minutes of pain.

December 21 – 30 minute run, comfortable – 5 20-25 yard sprints – 5 minute easy

December 22 – 40 Minute run, 20 minutes easy, 2 minutes hard/1 minute easy X5, 5 minutes easy

December 23 – 10 minutes comfortable, 5 minutes hard, 1 minute easy (repeat 3X), 2 minute jog

December 26 - 30 Minute run, comfortable

December 27 – Scrimmage 10:00-12:00 or 10 minutes comfortable, 5 minutes hard, 1 minute easy (repeat 3X), 2 minute jog (if out of town)

December 28 – 30 minute run with one minute sprints at 10, 15, 20, and 25 minutes

December 29 – 40 Minute run, comfortable

January 1 - 30 Minute run, comfortable

January 2 – Practice 10:00-12:00 or 30 minute run, comfortable – 5 20-25 yard sprints – 5 minute easy

January 3 – Scrimmages at Tully Stadium vs. Memorial and Cy-Woods

January 4 – Scrimmages at Katy HS vs. Katy and FB Austin

January 6 – Practice at 1:30-3:00 (Time may change)

January 7 – First day back, regular practice

January 9 – Varsity at The Woodlands Tournament, JV at FB Austin Tournament

*Off days – 12/24, 12/25, 12/30, 12/31, 1/5