

# Bellaire Women's Soccer

## Holiday Workout Calendar

December/January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20 Legs/Sprints Core WU Drills
21 Legs/Sprints Core WU Drills	22 Run Core WU Drills	23 Legs/Sprints Core WU Drills	24 Legs/Sprints Core WU Drills	25 Run <b>NO</b> Core WU Drills	26 Legs/Sprints Core WU Drills	27 Legs/Sprints Core WU Drills
28 Run Core WU Drills	29 Legs/Sprints Core WU Drills	30 Bellaire Practice Varsity vs. JV 12:00	31	1 Bellaire Practice 10:30	2 <b>Bus BHS 830 Varsity</b> Katy Scrimmages Tompkins HS 10:15	3 <b>Bus BHS 830 Varsity</b> Katy Scrimmages Katy HS 10:15

### Workout Rotation Specifics

**Legs:** 1 minute Wall-Sit

50 yards Knee Drops

50 yards Butt Kick

30 sec.  $\frac{1}{4}$ , 30 sec  $\frac{1}{2}$ , 30 sec  $\frac{3}{4}$

Repeat 3 times

**Sprints:** 5 sec. hard / 5 sec. easy

Repeat 3 times, two minute intervals

10 x 20 second sprints, 30 sec. rest between

**Run:** 45 minutes jog

**Core:** 80 sec. Plank (increase by 1 sec daily)

5 Push-Ups

Repeat 5 times

**Warm-Up Drills:** Touches on the ball, work with others

**Alternative Day:** P90x, Insanity, or T25 can replace a scheduled day.