



**COVENANT**  
SOCCER

**Optional Men's Soccer Offseason Conditioning Schedule**

Day 1	Day 2	Day 3	Day 4
<ul style="list-style-type: none"> <li>- 40 minute run (long, slow, distance run, keep good form)</li> </ul>	<ul style="list-style-type: none"> <li>- 2x1mile (target time is 6min 30secs)</li> </ul>	<ul style="list-style-type: none"> <li>- 40 minute run (long, slow, distance run, keep good form)</li> </ul>	<ul style="list-style-type: none"> <li>- 1mile x 2 (target time is 6min 30secs)</li> </ul>

Day 5	Day 6	Day 7	Day 8
<ul style="list-style-type: none"> <li>- 1mile x 2 (target time is 6 minutes)</li> <li>- 2 x 800 meters, target 2.45 min</li> <li>- 2 x 600 meters, target 2.00 min</li> </ul> <p>Note: use the outside of the fields on Shadowlands, one lap around the field and the grid is approximately 400 meters, equal to one lap around a typical track</p>	<ul style="list-style-type: none"> <li>- 1mile x 2 (target time is 6 minutes)</li> </ul>	<ul style="list-style-type: none"> <li>- 2 x 800 meters, target 2.45 min</li> <li>- 2 x 600 meters, target 2.00 min</li> <li>- 2 x 300 meters, target 45 sec</li> </ul>	<ul style="list-style-type: none"> <li>- 1mile x 2 (target time is 6 minutes)</li> </ul>

Day 9	Day 10	Day 11	Day 12/ Day 13
<ul style="list-style-type: none"> <li>- 2 x 800 meters, target 2.45 min</li> <li>- 2 x 600 meters, target 2.00 min</li> <li>- 2 x 300 meters, target 45 sec</li> </ul>	<ul style="list-style-type: none"> <li>- 1mile x 2 (target time is 6 minutes)</li> </ul>	<ul style="list-style-type: none"> <li>- 150 yard shuttles x 6</li> </ul> <p>Note: 5 cones are placed at 5 yard intervals from the starting point</p>	<ul style="list-style-type: none"> <li>- 1mile x 2 (target time is 6 minutes)</li> </ul> <p><u>Day 13:</u></p> <ul style="list-style-type: none"> <li>- 150 yard shuttles x 8</li> </ul>