



PROFESSIONAL SOCCER
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General Strength Training

US Soccer Referees Development

Basic Strength Training Overview

It is well documented that strength training can provide a major boost in athletic performance. But there are many questions as to how and why to do certain activities. The ability to lay down a sound foundation of strength will pay off with huge dividends in the later stages of training. It is of utmost importance that any strength training program begins basically and progress with intensity and volume. A sound base of strength must be laid down and built upon for peak performance down the road. **SAFETY AND TECHNIQUE MUST ALWAYS BE THE FIRST PRIORITY** before adding weight while lifting. Athletes should strive to be just as active in the weight room as they are outside on the track and soccer field. Athletes should constantly remind themselves to perform proper technique, rep speed and keeping a true recovery in the weight room. The following is a basic strength training overview. These are basic guideline in which a well rounded strength training program can be built upon. These guidelines should be adjusted to meet your specific situation. A key component to strength training for performance is consistently altering the program to meet new demands. Just like your running workouts should change throughout the season so should your strength training program. Individuals must constantly keep in mind the type of strength that we are trying to create. This strength should be Relative Strength; relative strength refers to the body's ability to produce power relative to that individual's body weight. As your lifting routine progresses throughout the season you will find sections of aerobic lifting built into each week. This aerobic lifting is to help keep our focus on developing relative strength that will benefit us during the game and during both the sprints and Intervals of our fitness test.

When beginning any strength training plan it is always important to insure that every athlete is in appropriate physical condition to perform each of the many tasks at hand. If you, the athlete, feel that any of these activities could result in injury, they should proceed with extreme caution. Furthermore, each of these prescribed exercises has a specific technical form that must be performed properly to insure safety. If you are unsure of any activity please take the time to properly learn the exercise before using it as a major strength training activity.

This program is intended to be use as a general strength training plan for both Referees and Assistant Referees, with in the US Soccer organization. It will require dedication and hard work to show any significant gains. Along those lines it is important to note that individual beginning a strength training program for the first time tend show significant gains over the first few months. These gains are in part, due to the bodies increased neural muscular recruitment methods. This is not to be confused with major strength gains, but rather your body learning to fire more muscular units as one group. Following this first large gain, athletes will find that making significant gains in muscular strength much more difficult. This should not discourage individuals from performing a strength training plan, but rather motivate them to work harder for each of these small gains.

This program was developed to be a 27 week program with the remaining weeks being devoted to maintaining strength throughout the playing season. Each athlete will need to modify this program to meet the needs of their daily life, game schedule and yearly progression. This requires the athlete to make the decision of how to perform each phase of training. To determine what is best for the athlete, the athlete must first decide where he/she would like to be at their best physical condition level and work backwards from that point. If that particular date is not 27 weeks from the start of the general strength plan they will need to add or remove weeks to best fit their needs. Tentatively this weight room plan is scheduled to start on Oct 4th and progress to an early peak at the preseason fitness test and then continue throughout the year.

This strength training plan is meant to supplement the athlete's aerobic, high intensity and sprinting workouts, NOT REPLACE THEM.

Furthermore, just like with any training plan or information, the athlete's first priority must be to performing well at the next match, because it may be their last one. Especially with activities that may be new to individuals the risk of long duration soreness and fatigue is high. To insure that the athletes are not fatigued or sore while officiating MLS or International Matches, I recommend that the athletes skip specific strength training sessions to allow for maximum recovery. Therefore individuals should not weight lift 60 hours before a major match. If later the athletes chooses to add in additional strength training sessions to make up for lost work, it should be done with caution. Since the strength training plan will not be specific to one particular area but rather be general or total body in nature, I would recommend beginning a rotation that allows for 48 hours of recovery between each training session. Each athlete will have to make a decision as whether to perform two or three general strength training sessions per week. If the athlete finds that three days of weight lifting places too much physical demands on their body or on their personal life, then the athlete should only perform two sessions per week. Two days of general strength training per week will be sufficient to promote strength gains and prevent injuries.

General Terminology

Set: A group of exercises done together at one continuous period of time

Rep: An individual exercise being performed either one time or multiple times in a row

Rest: The period of recovery between individual sets

Tempo: The pace at which an exercise should be performed

EX. Bench Press Tempo: (1-0-1) refers to a one count on the way down, no pause at the bottom and a one count on the way up.

EX. Bench Press Tempo: (2-1-X) refers to a two count on the way down, a one sec pause at the bottom and an aggressive or explosive push out of the position

Performance: Is what you the athlete performed during the particular lifting exercise and should be recorded for every lift to help individuals track progression.



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Core Strength Training Exercise

#1: General Strength (Holds-ABS)

| | |
|------------------------------------|-------|
| Prone Hold (Front) | 2X45S |
| Side Plank + Outside leg lifts R/L | 2X15E |
| Supine Hold (Back) | 2X45S |
| Prone Hold Straight Leg Lift R/L | 2X15E |
| Straight Leg Lift from Knees | 2X15E |
| Straight Leg Circles form Knees | 2X15E |

#2: General Strength (Hold-ABS)

| | |
|---------------------------------|-------|
| Prone Plank (Front) | 2X45S |
| Prone Hold Straight Leg Lifts | 2X10E |
| Prone Opposite Arm and Leg | 2X10E |
| Superman | 2X15 |
| Side Plank Right | 2X30S |
| Side Plank Left | 2X30S |
| Straight Leg Lift from Knees | 2X10E |
| Straight Leg Circles form Knees | 2X10E |

#3: General Strength (Swiss Ball-Abs)

| | |
|-------------------------------------|-------|
| SB Lateral leg raises(Ball BT Feet) | 2X10e |
| SB Weighted crunch | 2X50 |
| SB Russian Twist | 2X50 |
| SB Prone knee tuck and twist | 2X10e |
| SB Table Top (1 Leg) | 2X30S |
| Leg lift and push to sky | 2X25 |
| Jack Knives | 2X20E |

#4: General Strength (Swiss Ball-Hold)

| | |
|----------------------------------|-------|
| SB Double leg lift (on the ball) | 2x10e |
| SB Weighted crunch | 2x50 |
| SB Russian Twist | 2X50 |
| SB Prone pike press | 2x10 |
| Prone Hold Straight Leg Lifts | 2X10E |
| Prone Opposite Arm and Leg | 2X10E |
| Superman | 2X15 |

#5: General Strength (High Bar Hang-Hold)

| | |
|-------------------------------|---------|
| HB Side To Side Knee Tucks | 2X20 |
| HB Front Knee Tuck | 2X20 |
| HB Side To Side Knee Rotation | 2X20 |
| HB Front L or Knee Hold | 2X30Sec |
| Prone Hold (Front) | X45S |
| Supine Hold (Back) | X45S |
| Prone Hold Leg extension R/L | X15E |

#6: General Strength (ABS)

| | |
|---------------------------------------|------------|
| Leg lift and push to sky | 2X25 |
| Lateral leg lifts (windshield wipers) | 2X25E |
| Bike Crunch | 2X50 total |
| Russian Twist | 2X50 total |
| Crunches | 2X50 |
| Straight Leg Lift from Knees | 2X10E |
| Straight Leg Circles form Knees | 2X10E |

#7 General Strength (ABS)

| | |
|---------------|-------------|
| Jack Knives | 2X20 ea leg |
| Russian twist | 2X50 total |
| Side R/L | 2X50 Each |
| Rhythmic | 2X50 |
| Superman | 2X15 |
| Bike Crunch | 2X50 total |
| Crunches | 2X50 |



Phase I

Anatomical Adaptation

The first step in any general lifting or strength training program is to develop the body's ability to stabilize or control extra force being placed on it. This phase is commonly called anatomical adaptation. It is critical to first develop the bodies ligaments, tendons, small muscle, etc. before developing large muscle strength. Developing strength without developing stability within the joints can lead to joint and small muscle injuries. Individuals should not look for major muscular gains during this phase, nor should their goal be to add additional weight to their lifts. As the individual performs each lifting exercise the focus should be on moving the body through a full range of motion and controlling the lifting motion to maintain proper lifting technique.

| <u>Training Considerations</u> | <u>Work</u> |
|---------------------------------|--------------|
| Duration | 4-8 weeks |
| Load | 30-60% |
| # of Exercises | 8-15 |
| # of Sets | 2-4 |
| # of Reps | 8-15 |
| Total time of session | 20-30min |
| Rep Speed | Slow -Medium |
| Rest Interval between Sets | 60-90 sec. |
| Rest Interval between Exercises | 2-3min. |

4 WEEK STRENGTH TRAINING CIRCUIT (Circuit if possible)

| Week | Week #1 | Week #2 | Week#3 | Week#4 |
|------------------|---------|---------|---------|---------|
| Intensity | Low | Low | Low | Low |
| | 40% Max | 50% Max | 45% Max | 55% max |
| Reps | 10 reps | 10 reps | 12 reps | 8 reps |
| Sets | 3 sets | 3 sets | 3 sets | 4 sets |
| Rest | 1-2min | 1-2min | 1-2min | 1-2min |
| Tempo | 2-0-1 | 2-0-1 | 2-0-1 | 2-0-1 |



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Anatomical Adaptation Macrocycle Week #1

Day#1 (Oct4th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|-------------------------------------|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 3 | 10 | NW | 2-0-1 | 1min | |
| Incline DB Bench | 3 | 10 | 40% | 2-0-1 | 1min | |
| Walking Lunges (Chest Up, Big Step) | 3 | 10 | 40% | 2-0-1 | 1min | |
| Front Rows (Cable) | 3 | 10 | 40% | 2-0-1 | 1min | |
| Hamstring Curls | 3 | 10 | 40% | 2-0-1 | 1min | |
| AD Legs | 3 | 10 | 40% | 2-0-1 | 1min | |
| Lat Pull Downs | 3 | 10 | 40% | 2-0-1 | 1min | |
| Calf Raises (Standing) | 3 | 10 | 40% | 2-0-1 | 1min | |
| Cores strength #1 | | | | | | |
| | | | | | | |

Day #2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|----------------------------------|------|------|-------|-------|------|-------------|
| Over Head Squat (BAR No Weight) | 3 | 10 | NW | 2-0-1 | 1min | |
| SB Wall Squats (2 legs) | 3 | 10 | 40% | 2-0-1 | 1min | |
| SB DB Bench Press | 3 | 10 | 40% | 2-0-1 | 1min | |
| SB Hamstring Curls (2 Legs) | 3 | 10 | 40% | 2-0-1 | 1min | |
| Step Ups | 3 | 10 | 40% | 2-0-1 | 1min | |
| Shoulder Front/Side Plate Raises | 3 | 10 | 40% | 2-0-1 | 1min | |
| Triceps Extensions (Optional) | 3 | 10 | 40% | 2-0-1 | 1min | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Core Strength#2 | | | | | | |
| | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 9min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Wall Sit | | 20Sec | Body W | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| Leg Curls | | 20Sec | Light | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 5 (After Circuit Workout) | | | | | | |



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Anatomical Adaptation

Macrocycle Week #2

Day#1 (Oct 11th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|-------------------------------------|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 3 | 10 | NW | 2-0-1 | 1min | |
| Incline DB Bench | 3 | 10 | 50% | 2-0-1 | 1min | |
| Walking Lunges (Chest Up, Big Step) | 3 | 10 | 50% | 2-0-1 | 1min | |
| Front Rows | 3 | 10 | 50% | 2-0-1 | 1min | |
| Hamstring Curls | 3 | 10 | 50% | 2-0-1 | 1min | |
| AD Legs | 3 | 10 | 50% | 2-0-1 | 1min | |
| Lat Pull Downs | 3 | 10 | 50% | 2-0-1 | 1min | |
| Calf Raises (Standing) | 3 | 10 | 50% | 2-0-1 | 1min | |
| Cores strength # 6 | | | | | | |
| | | | | | | |

Day #2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|----------------------------------|------|------|-------|-------|------|-------------|
| Over Head Squat (BAR No Weight) | 3 | 10 | NW | 2-0-1 | 1min | |
| SB Wall Squats (2 legs) | 3 | 10 | 50% | 2-0-1 | 1min | |
| SB DB Bench Press | 3 | 10 | 50% | 2-0-1 | 1min | |
| SB Hamstring Curls (2 Legs) | 3 | 10 | 50% | 2-0-1 | 1min | |
| Step Ups | 3 | 10 | 50% | 2-0-1 | 1min | |
| Shoulder Front/Side Plate Raises | 3 | 10 | 50% | 2-0-1 | 1min | |
| Triceps Extensions (Optional) | 3 | 10 | 50% | 2-0-1 | 1min | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Core Strength# 7 | | | | | | |
| | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 9min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Wall Sit | | 20Sec | Body W | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| Leg Curls | | 20Sec | Light | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 1 (After Circuit Workout) | | | | | | |



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Anatomical Adaptation

Macrocycle Week #3

Day#1 (Oct 18th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|-------------------------------------|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 3 | 12 | NW | 2-0-1 | 1min | |
| Incline DB Bench | 3 | 12 | 45% | 2-0-1 | 1min | |
| Walking Lunges (Chest Up, Big Step) | 3 | 12 | 45% | 2-0-1 | 1min | |
| Front Rows | 3 | 12 | 45% | 2-0-1 | 1min | |
| Hamstring Curls | 3 | 12 | 45% | 2-0-1 | 1min | |
| AD Legs | 3 | 12 | 45% | 2-0-1 | 1min | |
| Lat Pull Downs | 3 | 12 | 45% | 2-0-1 | 1min | |
| Calf Raises (Standing) | 3 | 12 | 45% | 2-0-1 | 1min | |
| Cores strength # 2 | | | | | | |
| | | | | | | |

Day #2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|----------------------------------|------|------|-------|-------|------|-------------|
| Over Head Squat (BAR No Weight) | 3 | 12 | NW | 2-0-1 | 1min | |
| SB Wall Squats (2 legs) | 3 | 12 | 45% | 2-0-1 | 1min | |
| SB DB Bench Press | 3 | 12 | 45% | 2-0-1 | 1min | |
| SB Hamstring Curls (2 Legs) | 3 | 12 | 45% | 2-0-1 | 1min | |
| Step Ups | 3 | 12 | 45% | 2-0-1 | 1min | |
| Shoulder Front/Side Plate Raises | 3 | 12 | 45% | 2-0-1 | 1min | |
| Triceps Extensions (Optional) | 3 | 12 | 45% | 2-0-1 | 1min | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Core Strength# 5 | | | | | | |
| | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 9min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Wall Sit | | 20Sec | Body W | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| Leg Curls | | 20Sec | Light | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 6 (After Circuit Workout) | | | | | | |



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Anatomical Adaptation

Macrocycle Week #4

Day#1 (Oct 25th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|-------------------------------------|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 4 | 8 | NW | 2-0-1 | 1min | |
| Incline DB Bench | 4 | 8 | 55% | 2-0-1 | 1min | |
| Walking Lunges (Chest Up, Big Step) | 4 | 8 | 55% | 2-0-1 | 1min | |
| Front Rows | 4 | 8 | 55% | 2-0-1 | 1min | |
| Hamstring Curls | 4 | 8 | 55% | 2-0-1 | 1min | |
| AD Legs | 4 | 8 | 55% | 2-0-1 | 1min | |
| Lat Pull Downs | 4 | 8 | 55% | 2-0-1 | 1min | |
| Calf Raises (Standing) | 4 | 8 | 55% | 2-0-1 | 1min | |
| Cores strength # 7 | | | | | | |
| | | | | | | |

Day #2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|----------------------------------|------|------|-------|-------|------|-------------|
| Over Head Squat (BAR No Weight) | 4 | 8 | NW | 2-0-1 | 1min | |
| SB Wall Squats (2 legs) | 4 | 8 | 55% | 2-0-1 | 1min | |
| SB DB Bench Press | 4 | 8 | 55% | 2-0-1 | 1min | |
| SB Hamstring Curls (2 Legs) | 4 | 8 | 55% | 2-0-1 | 1min | |
| Step Ups | 4 | 8 | 55% | 2-0-1 | 1min | |
| Shoulder Front/Side Plate Raises | 4 | 8 | 55% | 2-0-1 | 1min | |
| Triceps Extensions (Optional) | 4 | 8 | 55% | 2-0-1 | 1min | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Core Strength# 1 | | | | | | |
| | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 9min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Wall Sit | | 20Sec | Body W | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| Leg Curls | | 20Sec | Light | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 2 (After Circuit Workout) | | | | | | |



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Phase II

Hypertrophy

Following the Anatomical Adaptation phase, individuals will need to increase the size of their major muscles, while also developing strength within their smaller stabilizer muscles. This phase is commonly referred to as Hypertrophy. Many people have a bad image of Hypertrophy because they view this stage as body building. If this type of lifting would be performed for a long period of time (6-24 months) then negative side effects would occur, such as increased size, decreased power output, decreased range of motion, etc. Our intent during this phase is not to add excess body weight to the individuals, but rather create muscular growth that will allow them to develop more strength in later strength training phases. To accomplish our goal we will need to perform moderate intensity lifting with a high rep volume.

| <u>Training Considerations</u> | <u>Work</u> |
|--------------------------------|---------------------------|
| Duration | 4-8 weeks |
| Load | 50-75% |
| # of Exercises | 6-9 (major muscle groups) |
| # of Reps per Set | 8-16 |
| # of Sets | 3-8 |
| Rest Interval | 3-5min |
| Rep Speed | Slow -Medium |
| Day per Week | 2-4 |

Example: 4 WEEK HYPERTROPHY STRENGTH CYCLE

| Week | Week#1 | Week#2 | Week #3 | Week #4 |
|------------------|----------------|---------------------|---------------------|---------------------|
| Intensity | Low 60% Max | Moderate 70% Max | Moderate 75% Max | Moderate 65% Max |
| Reps | 10-12 | 10-12 | 8-10 | 10-12 |
| Sets | 4 | 3 | 3 | 4 |
| Rest | 1-2min | 1-2min | 1-2min | 1-2min |
| Tempo | 3-0-1 | 3-0-1 | 3-0-1 | 3-0-1 |



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Hypertrophy Cycle Macrocycle Week # 5

Day #1(Nov 1st)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|-------|-------|------|-------------|
| Over Head Squat (BAR No Weight) | 2 | 10-12 | NW | 3-0-1 | 1min | |
| Back Squat | 4 | 10-12 | 60% | 3-0-1 | 1min | |
| DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (After Each Set) | 4 | 10-12 | 60% | 3-0-1 | 1min | |
| Hamstring Curls | 4 | 10-12 | 60% | 3-0-1 | 1min | |
| Leg Extensions | 4 | 10-12 | 60% | 3-0-1 | 1min | |
| Up Right Row | 4 | 10-12 | 60% | 3-0-1 | 1min | |
| Calf Raises (Standing) | 4 | 10-12 | 60% | 3-0-1 | 1min | |
| Bicep Curls (Optional) | 4 | 10-12 | 60% | 3-0-1 | 1min | |
| | | | | | | |
| Cores strength # 5 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 10-12 | NW | 3-0-1 | 1min | |
| Push Press (Jerk) (BAR No Weight) | 2 | 10-12 | NW | 3-0-1 | 1min | |
| DB Incline Bench Press (Swiss Ball) | 4 | 10-12 | 60% | 3-0-1 | 1min | |
| Lat Pull Downs | 4 | 10-12 | 60% | 1-0-3 | 1min | |
| DB One Leg Squat (Do Both Legs) (Back Leg Elevated) | 2-3 | 10-12 | 60% | 3-0-1 | 1min | |
| Alternate Side Lunge (Each Leg) | 2 | 10-12 | 60% | 3-0-1 | 1min | |
| Shoulder Front/Side Plate Raises | 4 | 10-12 | Light | 3-0-1 | 1min | |
| Triceps Extensions (Optional) | 4 | 10-12 | 60% | 3-0-1 | 1min | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Cores strength # 6 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times,13.5min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Wall Sit | | 30Sec | Body W | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 30Sec | Body W | Med | | |
| SB Hamstring Curls (2 Legs) | | 30Sec | | Med | | |
| Leg Extensions | | 30Sec | Light | Med | | |
| Calf Raises | | 30Sec | Light | Med | | |
| Push ups | | 30Sec | Body W | Med | | |
| Dips | | 30Sec | Body W | Med | | |
| Pull ups | | 30Sec | Body W | Med | | |
| Bicep Curl | | 30Sec | Light | Med | 2min | |
| ABS# 7 (After Circuit Workout) | | | | | | |



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Hypertrophy Cycle

Macrocycle Week # 6

Day #1 (Nov 8th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|-------|-------|------|-------------|
| Over Head Squat (BAR No Weight) | 2 | 10-12 | NW | 3-0-1 | 1min | |
| Back Squat | 3 | 10-12 | 70% | 3-0-1 | 1min | |
| DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (After Each Set) | 3 | 10-12 | 70% | 3-0-1 | 1min | |
| Hamstring Curls | 3 | 10-12 | 70% | 3-0-1 | 1min | |
| Leg Extensions | 3 | 10-12 | 70% | 3-0-1 | 1min | |
| Up Right Row | 3 | 10-12 | 70% | 3-0-1 | 1min | |
| Calf Raises (Standing) | 3 | 10-12 | 70% | 3-0-1 | 1min | |
| Bicep Curls (Optional) | 3 | 10-12 | 70% | 3-0-1 | 1min | |
| | | | | | | |
| Cores strength # 1 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 10-12 | NW | 3-0-1 | 1min | |
| Push Press (Jerk) (BAR No Weight) | 2 | 10-12 | NW | 3-0-1 | 1min | |
| DB Incline Bench Press (Swiss Ball) | 3 | 10-12 | 70% | 3-0-1 | 1min | |
| Lat Pull Downs | 3 | 10-12 | 70% | 3-0-1 | 1min | |
| DB One Leg Squat (Do Both Legs) (Back Leg Elevated) | 2 | 10-12 | 70% | 3-0-1 | 1min | |
| Alternate Side Lunge (Each Leg) | 2 | 10-12 | 70% | 3-0-1 | 1min | |
| Shoulder Front/Side Plate Raises | 3 | 10-12 | Light | 3-0-1 | 1min | |
| Triceps Extensions (Optional) | 3 | 10-12 | 70% | 3-0-1 | 1min | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Cores strength # 2 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times,13.5min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Wall Sit | | 30Sec | Body W | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 30Sec | Body W | Med | | |
| SB Hamstring Curls (2 Legs) | | 30Sec | Light | Med | | |
| Leg Extensions | | 30Sec | Light | Med | | |
| Calf Raises | | 30Sec | Light | Med | | |
| Push ups | | 30Sec | Body W | Med | | |
| Dips | | 30Sec | Body W | Med | | |
| Pull ups | | 30Sec | Body W | Med | | |
| Bicep Curl | | 30Sec | Light | Med | 2min | |
| ABS# 3 (After Circuit Workout) | | | | | | |



PROFESSIONAL SOCCER
REFEREES ASSOCIATION



Hypertrophy Cycle

Macrocycle Week # 7

Day #1 (Nov 15th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|------|-------|-------|------|-------------|
| Over Head Squat (BAR No Weight) | 2 | 8-10 | NW | 3-0-1 | 1min | |
| Back Squat | 3 | 8-10 | 75% | 3-0-1 | 1min | |
| DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (After Each Set) | 3 | 8-10 | 75% | 3-0-1 | 1min | |
| Hamstring Curls | 3 | 8-10 | 75% | 3-0-1 | 1min | |
| Leg Extensions | 3 | 8-10 | 75% | 3-0-1 | 1min | |
| Up Right Row | 3 | 8-10 | 75% | 3-0-1 | 1min | |
| Calf Raises (Standing) | 3 | 8-10 | 75% | 3-0-1 | 1min | |
| Bicep Curls (Optional) | 3 | 8-10 | 75% | 3-0-1 | 1min | |
| | | | | | | |
| Cores strength # 4 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 8-10 | NW | 3-0-1 | 1min | |
| Push Press (Jerk) (BAR No Weight) | 3 | 8-10 | NW | 3-0-1 | 1min | |
| DB Incline Bench Press (Swiss Ball) | 3 | 8-10 | 75% | 3-0-1 | 1min | |
| Lat Pull Downs | 3 | 8-10 | 75% | 3-0-1 | 1min | |
| DB One Leg Squat (Do Both Legs) (Back Leg Elevated) | 2-3 | 8-10 | 75% | 3-0-1 | 1min | |
| Alternate Side Lunge (Each Leg) | 2 | 8-10 | 75% | 3-0-1 | 1min | |
| Shoulder Front/Side Plate Raises | 3 | 8-10 | 75% | 3-0-1 | 1min | |
| Triceps Extensions (Optional) | 3 | 8-10 | 75% | 3-0-1 | 1min | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Cores strength # 5 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times,13.5min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Wall Sit | | 30Sec | Body W | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 30Sec | Body W | Med | | |
| SB Hamstring Curls (2 Legs) | | 30Sec | Light | Med | | |
| Leg Extensions | | 30Sec | Light | Med | | |
| Calf Raises | | 30Sec | Light | Med | | |
| Push ups | | 30Sec | Body W | Med | | |
| Dips | | 30Sec | Body W | Med | | |
| Pull ups | | 30Sec | Body W | Med | | |
| Bicep Curl | | 30Sec | Light | Med | 2min | |
| ABS# 6 (After Circuit Workout) | | | | | | |



PROFESSIONAL SOCCER
REFEREES ASSOCIATION



Hypertrophy Cycle Macrocycle Week # 8

Day #1 (Nov 22nd)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|-------|-------|------|-------------|
| Over Head Squat (BAR No Weight) | 2 | 10-12 | NW | 3-0-1 | 1min | |
| Back Squat | 4 | 10-12 | 65% | 3-0-1 | 1min | |
| DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (After Each Set) | 4 | 10-12 | 65% | 3-0-1 | 1min | |
| Hamstring Curls | 4 | 10-12 | 65% | 3-0-1 | 1min | |
| Leg Extensions | 4 | 10-12 | 65% | 3-0-1 | 1min | |
| Up Right Row | 4 | 10-12 | 65% | 3-0-1 | 1min | |
| Calf Raises (Standing) | 4 | 10-12 | 65% | 3-0-1 | 1min | |
| Bicep Curls (Optional) | 4 | 10-12 | 65% | 3-0-1 | 1min | |
| | | | | | | |
| Cores strength # 7 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 10-12 | NW | 3-0-1 | 1min | |
| Push Press (Jerk) (BAR No Weight) | 2 | 10-12 | NW | 3-0-1 | 1min | |
| DB Incline Bench Press (Swiss Ball) | 4 | 10-12 | 65% | 3-0-1 | 1min | |
| Lat Pull Downs | 4 | 10-12 | 65% | 3-0-1 | 1min | |
| DB One Leg Squat (Do Both Legs) (Back Leg Elevated) | 3 | 10-12 | 65% | 3-0-1 | 1min | |
| Alternate Side Lunge (Each Leg) | 2 | 10-12 | 65% | 3-0-1 | 1min | |
| Shoulder Front/Side Plate Raises | 4 | 10-12 | 65% | 3-0-1 | 1min | |
| Triceps Extensions (Optional) | 4 | 10-12 | 65% | 3-0-1 | 1min | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Cores strength # 1 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times,13.5min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Wall Sit | | 30Sec | Body W | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 30Sec | Body W | Med | | |
| SB Hamstring Curls (2 Legs) | | 30Sec | Light | Med | | |
| Leg Extensions | | 30Sec | Light | Med | | |
| Calf Raises | | 30Sec | Light | Med | | |
| Push ups | | 30Sec | Body W | Med | | |
| Dips | | 30Sec | Body W | Med | | |
| Pull ups | | 30Sec | Body W | Med | | |
| Bicep Curl | | 30Sec | Light | Med | 2min | |
| ABS# 2 (After Circuit Workout) | | | | | | |



Strength Cycle

Macrocycle Week # 9

Day #1 (Nov 29th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|------|-------|-------|------|-------------|
| Box Squat (Easy Warm Up) | 1 | 10 | Bar | 1-0-1 | 1m | |
| Box Squat +10 Two Foot Stationary Hops (After Each Set) | 3 | 8-10 | 70% | 1-0-1 | 1.5m | |
| DB Incline Bench Press (Swiss Ball) | 3 | 8-10 | 70% | 1-0-1 | 1.5m | |
| Lat Pull Downs/Pull Ups | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Hamstring Curls | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Leg Extensions | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Shoulders (Complex) 1. DB Front Raise 2. DB Side Raise 3. DB Bent Over Reverse Fly | 3 | 10E | Light | Med | 1.5m | |
| Calf Raises (Standing) | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| | | | | | | |
| Cores strength # 3 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 8-10 | Bar | 1-0-1 | 1m | |
| Incline Split Squat (Both Legs) | 3 | 8-10 | 70% | 1-0-1 | 1.5m | |
| Alternate Side Lunge (Each Leg) | 2 | 8-10 | 70% | 1-0-1 | 1.5m | |
| DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (Each Set) | 3 | 8-10 | 70% | 1-0-1 | 1.5m | |
| Cable Rows | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| AD Legs | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Bicep Curls (Optional) | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Triceps Extensions (Optional) | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Cores strength # 4 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|--------|-------|------|-------------|
| Push Jerk | | 20Sec | Light | Med | | |
| Front Squat | | 20Sec | Light | Med | | |
| Side Lunges (Alternate Sides) | | 20Sec | Light | Med | | |
| SB Hamstring Curls (Single Legs) (15sec Each) | | 30Sec | Body W | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Pull Ups (Repetition Max) | | RM | Body W | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 5 (After Circuit Workout) | | | | | | |



Strength Cycle Macrocycle Week # 10

Day #1 (Dec 6th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|-------|-------|-------|------|-------------|
| Box Squat (Easy Warm Up) | 2 | 8-10 | Light | 1-0-1 | 1m | |
| Box Squat +10 Two Foot Stationary Hops (After Each Set) | 3 | 8-10 | 75% | 1-0-1 | 1.5m | |
| DB Incline Bench Press (Swiss Ball) | 3 | 8-10 | 75% | 1-0-1 | 1.5m | |
| Lat Pull Downs/Pull Ups | 4 | 8-10 | Med | 1-0-1 | 1m | |
| Hamstring Curls | 3 | 10-12 | Med | 1-0-1 | 1m | |
| Leg Extensions | 4 | 8-10 | Med | 1-0-1 | 1m | |
| Shoulders (Complex) 1.DB Front Raise 2.DB Side Raise 3.DB Bent Over Reverse Fly | 4 | 8-10 | Light | 1-0-1 | 1m | |
| Calf Raises (Standing) | 4 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| Cores strength # 6 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 8-10 | Light | 1-0-1 | 1m | |
| Incline Split Squat (Do Both Legs Separately) | 3 | 8-10 | 75% | 1-0-1 | 1.5m | |
| Alternate Side Lunge (Each Leg) | 2 | 8-10 | 75% | 1-0-1 | 1.5m | |
| DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (Each Set) | 4 | 8-10 | 75% | 1-0-1 | 1m | |
| Cable Rows | 4 | 8-10 | Med | 1-0-1 | 1m | |
| AD Legs | 4 | 8-10 | Med | 1-0-1 | 1m | |
| Bicep Curls (Optional) | 4 | 8-10 | Med | 1-0-1 | 1m | |
| Triceps Extensions (Optional) | 4 | 8-10 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Cores strength # 7 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|--------|-------|------|-------------|
| Push Jerk | | 20Sec | Light | Med | | |
| Front Squat | | 20Sec | Light | Med | | |
| Side Lunges (Alternate Sides) | | 20Sec | Light | Med | | |
| SB Hamstring Curls (Single Legs) (15sec Each) | | 30Sec | Body W | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Pull Ups (Repetition Max) | | RM | Body W | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 1 (After Circuit Workout) | | | | | | |



PROFESSIONAL SOCCER
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Strength Cycle

Macrocycle Week # 11

Day #1 (Dec13th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|----------------------------|------|-------|-------|-------|------|-------------|
| Box Squat (Easy Warm Up) | 2 | 6-8 | Light | 1-0-1 | 2m | |
| Box Squat | 4 | 6-8 | 80% | 1-0-1 | 2m | |
| DB Incline Bench Press | 4 | 6-8 | 80% | 1-0-1 | 2m | |
| Lat Pull Downs/Pull Ups | 4 | 6-8 | Med | 1-0-1 | 1m | |
| Hamstring Curls | 3 | 10-12 | Med | 1-0-1 | 1m | |
| Leg Extensions | 4 | 6-8 | Med | 1-0-1 | 1m | |
| Shoulders (Complex) | 4 | 6-8 | Med | 1-0-1 | 1m | |
| 1.DB Front Raise | | | | | | |
| 2.DB Side Raise | | | | | | |
| 3.DB Bent Over Reverse Fly | | | | | | |
| Calf Raises (Standing) | 4 | 6-8 | Med | 1-0-1 | 1m | |
| | | | | | | |
| Cores strength #2 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|-------------------------------------|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 6-8 | Bar | 1-0-1 | 2m | |
| Incline Split Squat (Both Legs) | 3 | 6-8 | 80% | 1-0-1 | 2m | |
| Alternate Side Lunge (Each Leg) | 3 | 8-10 | 75% | 1-0-1 | 1.5m | |
| DB Bench Press | 4 | 6-8 | 80% | 1-0-1 | 1m | |
| Cable Rows | 4 | 6-8 | Med | 1-0-1 | 1m | |
| AD Legs | 4 | 6-8 | Med | 1-0-1 | 1m | |
| Bicep Curls (Optional) | 4 | 6-8 | Med | 1-0-1 | 1m | |
| Triceps Extensions (Optional) | 4 | 6-8 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Cores strength # 3 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|--------|-------|------|-------------|
| Push Jerk | | 20Sec | Light | Med | | |
| Front Squat | | 20Sec | Light | Med | | |
| Side Lunges (Alternate Sides) | | 20Sec | Light | Med | | |
| SB Hamstring Curls (Single Legs) (15sec Each) | | 30Sec | Body W | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Pull Ups (Repetition Max) | | RM | Body W | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 4 (After Circuit Workout) | | | | | | |



PROFESSIONAL SOCCER
REFEREES ASSOCIATION



Strength Cycle Macrocycle Week # 12

Day #1(Dec 20th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|----------------------------|------|-------|-------|-------|------|-------------|
| Box Squat (Easy Warm Up) | 2 | 5 | Light | 1-0-1 | 2m | |
| Box Squat | 3 | 5-7 | 85% | 1-0-1 | 2m | |
| DB Incline Bench Press | 3 | 5-7 | 85% | 1-0-1 | 2m | |
| Lat Pull Downs/Pull Ups | 3 | 8 | Med | 1-0-1 | 1m | |
| Hamstring Curls | 3 | 10-12 | Med | 1-0-1 | 1m | |
| Shoulders (Complex) | 3 | 8 | Med | 1-0-1 | 1m | |
| 1.DB Front Raise | | | | | | |
| 2.DB Side Raise | | | | | | |
| 3.DB Bent Over Reverse Fly | | | | | | |
| Calf Raises (Standing) | 3 | 8 | Med | 1-0-1 | 1m | |
| | | | | | | |
| Cores strength # 5 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|-------------------------------------|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 5 | Light | 1-0-1 | 2m | |
| Incline Split Squat (Both Legs) | 3 | 5-7 | 85% | 1-0-1 | 2m | |
| Alternate Side Lunge (Each Leg) | 2 | 8 | Med | 1-0-1 | 2m | |
| DB Bench Press | 3 | 5-7 | 85% | 1-0-1 | 1m | |
| Cable Rows | 3 | 8 | Med | 1-0-1 | 1m | |
| Bicep Curls (Optional) | 3 | 8 | Med | 1-0-1 | 1m | |
| Triceps Extensions (Optional) | 3 | 8 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| | | | | | | |
| Cores strength # 6 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|--------|-------|------|-------------|
| Push Jerk | | 20Sec | Light | Med | | |
| Front Squat | | 20Sec | Light | Med | | |
| Side Lunges (Alternate Sides) | | 20Sec | Light | Med | | |
| SB Hamstring Curls (Single Legs) (15sec Each) | | 30Sec | Body W | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Pull Ups (Repetition Max) | | RM | Body W | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 7 (After Circuit Workout) | | | | | | |



PROFESSIONAL SOCCER
REFEREES ASSOCIATION



Strength Cycle

Macrocycle Week # 13

Day #1 (Dec 27th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|----------------------------|------|------|-------|-------|------|-------------|
| Box Squat (Easy Warm Up) | 2 | 5 | Light | 1-0-1 | 2m | |
| Box Squat | 3 | 6-8 | 80% | 1-0-1 | 2m | |
| DB Incline Bench Press | 3 | 6-8 | 80% | 1-0-1 | 2m | |
| Lat Pull Downs/Pull Ups | 4 | 8 | Med | 1-0-1 | 1m | |
| Hamstring Curls | 4 | 8 | Med | 1-0-1 | 1m | |
| Shoulders (Complex) | 4 | 8 | Med | 1-0-1 | 1m | |
| 1.DB Front Raise | | | | | | |
| 2.DB Side Raise | | | | | | |
| 3.DB Bent Over Reverse Fly | | | | | | |
| Calf Raises (Standing) | | | | | | |
| | | | | | | |
| | | | | | | |
| Cores strength # 1 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|-------------------------------------|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 5 | Light | 1-0-1 | 2m | |
| Incline Split Squat (Both Legs) | 3 | 6-8 | 80% | 1-0-1 | 2m | |
| Alternate Side Lunge (Each Leg) | 2 | 8 | Med | 1-0-1 | 2m | |
| DB Bench Press | 3 | 6-8 | 80% | 1-0-1 | 2m | |
| Cable Rows | 4 | 8 | Med | 1-0-1 | 1m | |
| Bicep Curls (Optional) | 4 | 8 | Med | 1-0-1 | 1m | |
| Triceps Extensions (Optional) | 4 | 8 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| | | | | | | |
| Cores strength # 2 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|--------|-------|------|-------------|
| Push Jerk | | 20Sec | Light | Med | | |
| Front Squat | | 20Sec | Light | Med | | |
| Side Lunges (Alternate Sides) | | 20Sec | Light | Med | | |
| SB Hamstring Curls (Single Legs) (15sec Each) | | 30Sec | Body W | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Pull Ups (Repetition Max) | | RM | Body W | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 3 (After Circuit Workout) | | | | | | |



PROFESSIONAL SOCCER
REFEREES ASSOCIATION



Strength Cycle

Macrocycle Week # 14

Day #1 (Jan 3rd)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|----------------------------|------|-------|-------|-------|------|-------------|
| Box Squat (Easy Warm Up) | 2 | 5 | Light | 1-0-1 | 2m | |
| Box Squat | 4 | 4-6 | 85% | 1-0-1 | 2m | |
| DB Incline Bench Press | 4 | 4-6 | 85% | 1-0-1 | 2m | |
| Lat Pull Downs/Pull Ups | 3 | 8 | Med | 1-0-1 | 1m | |
| Hamstring Curls | 3 | 10-12 | Med | 1-0-1 | 1m | |
| Shoulders (Complex) | 3 | 8 | Med | 1-0-1 | 1m | |
| 1.DB Front Raise | | | | | | |
| 2.DB Side Raise | | | | | | |
| 3.DB Bent Over Reverse Fly | | | | | | |
| Calf Raises (Standing) | 3 | 8 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| Cores strength # 4 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|-------------------------------------|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 5 | Light | 1-0-1 | 2m | |
| Incline Split Squat (Both Legs) | 3 | 4-6 | 85% | 1-0-1 | 2m | |
| Alternate Side Lunge (Each Leg) | 2 | 8 | Med | 1-0-1 | 2m | |
| DB Bench Press | 4 | 4-6 | 85% | 1-0-1 | 2m | |
| Cable Rows | 3 | 8 | Med | 1-0-1 | 1m | |
| Bicep Curls (Optional) | 3 | 8 | Med | 1-0-1 | 1m | |
| Triceps Extensions (Optional) | 3 | 8 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| | | | | | | |
| Cores strength # 5 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|--------|-------|------|-------------|
| Push Jerk | | 20Sec | Light | Med | | |
| Front Squat | | 20Sec | Light | Med | | |
| Side Lunges (Alternate Sides) | | 20Sec | Light | Med | | |
| SB Hamstring Curls (Single Legs) (15sec Each) | | 30Sec | Body W | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Pull Ups (Repetition Max) | | RM | Body W | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 6 (After Circuit Workout) | | | | | | |



Phase IV

Power/Speed Strength

As you all know athletes in general rarely encounter situation in which they are subjected to performing tasks with resistance placed on their bodies. So to bridge the gap between strength training with resistance and speed development on the field, the individuals lifting program must progress towards a speed and power cycle. To do this the athletes will need to perform light weight fast pace lifts. These lifts will also need to be more full body in nature and generally specific to the need and demands of the specific athletic movement. Although the athletes will perform general aerobic lifting routines that are fast paced and light weight during most lifting phases, during this phase the majority of the focus will be places on these lifting demands. This will also set up the athlete's peak. Peaking is when an athlete's is trained to perform at his/her very best. Thus making this phase also very important in the lifting phase cycle.

| <u>Training Considerations</u> | <u>Work</u> |
|--------------------------------|---------------------------|
| Duration | 6-10 weeks |
| Load | 60-80% |
| # of Exercises | 2-4 (major muscle groups) |
| # of Reps per Set | 4-10 |
| # of Sets | 3-6 |
| Rest Interval | 2-6min |
| Rep Speed | Fast |
| Day per Week | 2-3 |

Example: 4 WEEK POWER/SPEED CYCLE

| Week | Week #1 | Week #2 | Week #3 | Week #4 |
|------------------|----------------|----------------|----------------|----------------|
| Intensity | Mod 70% | High 75% | High 75% | Mod 65% |
| Reps | 6-8 | 6 | 5 | 8 |
| Sets | 4 | 4 | 4 | 3 |
| Rest | 2/4min | 2/4min | 2/4min | 2/4min |
| Tempo | Fast | Fast | Fast | Fast |



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REFEREES ASSOCIATION



Speed Strength Cycle Macrocycle Week # 15

Day #1 (Jan 10th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|-------|-------|------|-------------|
| Back Squat (Easy Warm Up) | 2 | 5 | Light | 1-0-1 | 2m | |
| Back Squat +10 Box Jump(Two Feet)(After Each Set) | 4 | 6 | 70% | 2-1-X | 2m | |
| Incline Bench Press | 4 | 6 | 70% | 2-1-X | 2m | |
| Leg Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Cable Rows | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Pull Ups/Dips | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Cores strength # 7 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|---------|-------|------|-------------|
| Push Jerk | 1 | 6 | Light | Fast | 1m | |
| Push Jerk | 3 | 6 | Light + | Fast | 2m | |
| Step Ups + 10 Bench Blast (5each Leg) | 4 | 6 | 70% | 2-1-X | 2m | |
| Bench Press + 10 Incline Push Ups (Hands On Bench) | 4 | 6 | 70% | 2-1-X | 2m | |
| Hamstring Curls One Leg | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Shoulder Front/Side Plate Raise | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| Cores strength #3 | | | | | | |

Day #3

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Squats | | 20Sec | Light | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| SB Leg Curls | | 20Sec | Body W | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 1 (After Circuit Workout) | | | | | | |



PROFESSIONAL SOCCER
REFEREES ASSOCIATION



Speed Strength Cycle Macrocycle Week # 16

Day #1 (Jan 17th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|-------|-------|------|-------------|
| Back Squat (Easy Warm Up) | 2 | 5 | Light | 1-0-1 | 2m | |
| Back Squat +10 Box Jump(Two Feet)(After Each Set) | 4 | 6 | 75% | 2-1-X | 2m | |
| Incline Bench Press | 4 | 6 | 75% | 2-1-X | 2m | |
| Leg Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Cable Rows | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Pull Ups/Dips | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Cores strength #2 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|---------|-------|------|-------------|
| Push Jerk | 1 | 5 | Light | Fast | 1m | |
| Push Jerk | 3 | 6 | Light + | Fast | 2m | |
| Step Ups + 10 Bench Blast (5each Leg) | 4 | 6 | 75% | 2-1-X | 2m | |
| Bench Press + 10 Incline Push Ups (Hands On Bench) | 4 | 6 | 75% | 2-1-X | 2m | |
| Hamstring Curls One Leg | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Shoulder Front/Side Plate Raise | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| Cores strength #7 | | | | | | |

Day #3

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Squats | | 20Sec | Light | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| SB Leg Curls | | 20Sec | Body W | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 1 (After Circuit Workout) | | | | | | |



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Speed Strength Cycle Macrocycle Week # 17

Day #1 (Jan 24th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|-------|-------|------|-------------|
| Back Squat (Easy Warm Up) | 2 | 5 | Light | 1-0-1 | 2m | |
| Back Squat +10 Box Jump(Two Feet)(After Each Set) | 4 | 6 | 75% | 2-1-X | 2m | |
| Incline Bench Press | 4 | 6 | 75% | 2-1-X | 2m | |
| Leg Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Cable Rows | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Pull Ups/Dips | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Cores strength # 6 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|---------|-------|------|-------------|
| Push Jerk | 1 | 5 | Light | Fast | 1m | |
| Push Jerk | 3 | 6 | Light + | Fast | 2m | |
| Step Ups + 10 Bench Blast (5each Leg) | 4 | 6 | 75% | 2-1-X | 2m | |
| Bench Press + 10 Incline Push Ups (Hands On Bench) | 4 | 6 | 75% | 2-1-X | 2m | |
| Hamstring Curls One Leg | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Shoulder Front/Side Plate Raise | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| Cores strength # 5 | | | | | | |

Day #3

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Squats | | 20Sec | Light | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| SB Leg Curls | | 20Sec | Body W | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 1 (After Circuit Workout) | | | | | | |



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Speed Strength Cycle Macrocycle Week # 18

Day #1 (Jan 31st)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|-------|-------|------|-------------|
| Back Squat (Easy Warm Up) | 2 | 5 | Light | 1-0-1 | 2m | |
| Back Squat +10 Box Jump(Two Feet)(After Each Set) | 4 | 6 | 70% | 2-1-X | 2m | |
| Incline Bench Press | 4 | 6 | 70% | 2-1-X | 2m | |
| Leg Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Cable Rows | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Pull Ups/Dips | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Cores strength # 4 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|---------|-------|------|-------------|
| Push Jerk | 1 | 5 | Light | Fast | 1m | |
| Push Jerk | 3 | 6 | Light + | Fast | 2m | |
| Step Ups + 10 Bench Blast (5each Leg) | 4 | 6 | 70% | 2-1-X | 2m | |
| Bench Press + 10 Incline Push Ups (Hands On Bench) | 4 | 6 | 70% | 2-1-X | 2m | |
| Hamstring Curls One Leg | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Shoulder Front/Side Plate Raise | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| Cores strength # Your Choice | | | | | | |

Day #3

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Squats | | 20Sec | Light | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| SB Leg Curls | | 20Sec | Body W | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 3 (After Circuit Workout) | | | | | | |



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Speed Strength Cycle

Macrocycle Week # 19

Day #1 (Feb 7th) (Fitness Test Following This Week of Training)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|-------|-------|------|-------------|
| Back Squat (Easy Warm Up) | 2 | 5 | Light | 1-0-1 | 2m | |
| Back Squat +10 Box Jump(Two Feet)(After Each Set) | 3 | 6 | 60% | 2-1-X | 2m | |
| Incline Bench Press | 3 | 6 | 60% | 2-1-X | 2m | |
| Leg Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Cable Rows | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Pull Ups/Dips | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Cores strength # Your Choice | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|---------|-------|------|-------------|
| Push Jerk | 1 | 5 | Light | Fast | 1m | |
| Push Jerk | 3 | 6 | Light + | Fast | 2m | |
| Step Ups + 10 Bench Blast (5each Leg) | 3 | 6 | 60% | 2-1-X | 2m | |
| Bench Press + 10 Incline Push Ups (Hands On Bench) | 3 | 6 | 60% | 2-1-X | 2m | |
| Hamstring Curls One Leg | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Shoulder Front/Side Plate Raise | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| Cores strength # Your Choice | | | | | | |

Day #3

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Squats | | 20Sec | Light | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| SB Leg Curls | | 20Sec | Body W | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 1 (After Circuit Workout) | | | | | | |



Strength Cycle Macrocycle Week # 20

Day #1 (Nov 29th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|------|-------|-------|------|-------------|
| Box Squat (Easy Warm Up) | 1 | 10 | Bar | 1-0-1 | 1m | |
| Box Squat +10 Two Foot Stationary Hops (After Each Set) | 3 | 8-10 | 70% | 1-0-1 | 1.5m | |
| DB Incline Bench Press (Swiss Ball) | 3 | 8-10 | 70% | 1-0-1 | 1.5m | |
| Lat Pull Downs/Pull Ups | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Hamstring Curls | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Leg Extensions | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Shoulders (Complex) 4. DB Front Raise 5. DB Side Raise 6. DB Bent Over Reverse Fly | 3 | 10E | Light | Med | 1.5m | |
| Calf Raises (Standing) | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| | | | | | | |
| Cores strength # 3 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 8-10 | Bar | 1-0-1 | 1m | |
| Incline Split Squat (Both Legs) | 3 | 8-10 | 70% | 1-0-1 | 1.5m | |
| Alternate Side Lunge (Each Leg) | 2 | 8-10 | 70% | 1-0-1 | 1.5m | |
| DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (Each Set) | 3 | 8-10 | 70% | 1-0-1 | 1.5m | |
| Cable Rows | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| AD Legs | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Bicep Curls (Optional) | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Triceps Extensions (Optional) | 3 | 8-10 | Med | 1-0-1 | 1.5m | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Cores strength # 4 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|--------|-------|------|-------------|
| Push Jerk | | 20Sec | Light | Med | | |
| Front Squat | | 20Sec | Light | Med | | |
| Side Lunges (Alternate Sides) | | 20Sec | Light | Med | | |
| SB Hamstring Curls (Single Legs) (15sec Each) | | 30Sec | Body W | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Pull Ups (Repetition Max) | | RM | Body W | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 5 (After Circuit Workout) | | | | | | |



Strength Cycle Macrocycle Week # 23

Day #1 (Dec 6th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|-------|-------|-------|------|-------------|
| Box Squat (Easy Warm Up) | 2 | 8-10 | Light | 1-0-1 | 1m | |
| Box Squat +10 Two Foot Stationary Hops (After Each Set) | 3 | 8-10 | 75% | 1-0-1 | 1.5m | |
| DB Incline Bench Press (Swiss Ball) | 3 | 8-10 | 75% | 1-0-1 | 1.5m | |
| Lat Pull Downs/Pull Ups | 4 | 8-10 | Med | 1-0-1 | 1m | |
| Hamstring Curls | 3 | 10-12 | Med | 1-0-1 | 1m | |
| Leg Extensions | 4 | 8-10 | Med | 1-0-1 | 1m | |
| Shoulders (Complex) 4.DB Front Raise 5.DB Side Raise 6.DB Bent Over Reverse Fly | 4 | 8-10 | Light | 1-0-1 | 1m | |
| Calf Raises (Standing) | 4 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| Cores strength # 6 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 8-10 | Light | 1-0-1 | 1m | |
| Incline Split Squat (Do Both Legs Separately) | 3 | 8-10 | 75% | 1-0-1 | 1.5m | |
| Alternate Side Lunge (Each Leg) | 2 | 8-10 | 75% | 1-0-1 | 1.5m | |
| DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (Each Set) | 4 | 8-10 | 75% | 1-0-1 | 1m | |
| Cable Rows | 4 | 8-10 | Med | 1-0-1 | 1m | |
| AD Legs | 4 | 8-10 | Med | 1-0-1 | 1m | |
| Bicep Curls (Optional) | 4 | 8-10 | Med | 1-0-1 | 1m | |
| Triceps Extensions (Optional) | 4 | 8-10 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Cores strength # 7 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|--------|-------|------|-------------|
| Push Jerk | | 20Sec | Light | Med | | |
| Front Squat | | 20Sec | Light | Med | | |
| Side Lunges (Alternate Sides) | | 20Sec | Light | Med | | |
| SB Hamstring Curls (Single Legs) (15sec Each) | | 30Sec | Body W | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Pull Ups (Repetition Max) | | RM | Body W | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 1 (After Circuit Workout) | | | | | | |



PROFESSIONAL SOCCER
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Strength Cycle

Macrocycle Week # 24

Day #1 (Dec13th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|----------------------------|------|-------|-------|-------|------|-------------|
| Box Squat (Easy Warm Up) | 2 | 6-8 | Light | 1-0-1 | 2m | |
| Box Squat | 4 | 6-8 | 80% | 1-0-1 | 2m | |
| DB Incline Bench Press | 4 | 6-8 | 80% | 1-0-1 | 2m | |
| Lat Pull Downs/Pull Ups | 4 | 6-8 | Med | 1-0-1 | 1m | |
| Hamstring Curls | 3 | 10-12 | Med | 1-0-1 | 1m | |
| Leg Extensions | 4 | 6-8 | Med | 1-0-1 | 1m | |
| Shoulders (Complex) | 4 | 6-8 | Med | 1-0-1 | 1m | |
| 4.DB Front Raise | | | | | | |
| 5.DB Side Raise | | | | | | |
| 6.DB Bent Over Reverse Fly | | | | | | |
| Calf Raises (Standing) | 4 | 6-8 | Med | 1-0-1 | 1m | |
| | | | | | | |
| Cores strength #2 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|-------------------------------------|------|------|-------|-------|------|-------------|
| Squat, Press, Stand (BAR No weight) | 2 | 6-8 | Bar | 1-0-1 | 2m | |
| Incline Split Squat (Both Legs) | 3 | 6-8 | 80% | 1-0-1 | 2m | |
| Alternate Side Lunge (Each Leg) | 3 | 8-10 | 75% | 1-0-1 | 1.5m | |
| DB Bench Press | 4 | 6-8 | 80% | 1-0-1 | 1m | |
| Cable Rows | 4 | 6-8 | Med | 1-0-1 | 1m | |
| AD Legs | 4 | 6-8 | Med | 1-0-1 | 1m | |
| Bicep Curls (Optional) | 4 | 6-8 | Med | 1-0-1 | 1m | |
| Triceps Extensions (Optional) | 4 | 6-8 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | Slow | 1m | |
| Cores strength # 3 | | | | | | |

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---|------|-------|--------|-------|------|-------------|
| Push Jerk | | 20Sec | Light | Med | | |
| Front Squat | | 20Sec | Light | Med | | |
| Side Lunges (Alternate Sides) | | 20Sec | Light | Med | | |
| SB Hamstring Curls (Single Legs) (15sec Each) | | 30Sec | Body W | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Pull Ups (Repetition Max) | | RM | Body W | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 4 (After Circuit Workout) | | | | | | |



PROFESSIONAL SOCCER
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Speed Strength Cycle Macrocycle Week # 25

Day #1 (Jan 10th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|-------|-------|------|-------------|
| Back Squat (Easy Warm Up) | 2 | 5 | Light | 1-0-1 | 2m | |
| Back Squat +10 Box Jump(Two Feet)(After Each Set) | 4 | 6 | 70% | 2-1-X | 2m | |
| Incline Bench Press | 4 | 6 | 70% | 2-1-X | 2m | |
| Leg Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Cable Rows | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Pull Ups/Dips | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Cores strength # 7 | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|---------|-------|------|-------------|
| Push Jerk | 1 | 6 | Light | Fast | 1m | |
| Push Jerk | 3 | 6 | Light + | Fast | 2m | |
| Step Ups + 10 Bench Blast (5each Leg) | 4 | 6 | 70% | 2-1-X | 2m | |
| Bench Press + 10 Incline Push Ups (Hands On Bench) | 4 | 6 | 70% | 2-1-X | 2m | |
| Hamstring Curls One Leg | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Shoulder Front/Side Plate Raise | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| Cores strength # Your Choice | | | | | | |

Day #3 (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Squats | | 20Sec | Light | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| SB Leg Curls | | 20Sec | Body W | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 1 (After Circuit Workout) | | | | | | |



PROFESSIONAL SOCCER
REFEREES ASSOCIATION



Speed Strength Cycle Macrocycle Week # 26

Day #1 (Jan 17th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|-------|-------|------|-------------|
| Back Squat (Easy Warm Up) | 2 | 5 | Light | 1-0-1 | 2m | |
| Back Squat +10 Box Jump(Two Feet)(After Each Set) | 4 | 6 | 75% | 2-1-X | 2m | |
| Incline Bench Press | 4 | 6 | 75% | 2-1-X | 2m | |
| Leg Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Cable Rows | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Pull Ups/Dips | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Cores strength # Your Choice | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|---------|-------|------|-------------|
| Push Jerk | 1 | 5 | Light | Fast | 1m | |
| Push Jerk | 3 | 6 | Light + | Fast | 2m | |
| Step Ups + 10 Bench Blast (5each Leg) | 4 | 6 | 75% | 2-1-X | 2m | |
| Bench Press + 10 Incline Push Ups (Hands On Bench) | 4 | 6 | 75% | 2-1-X | 2m | |
| Hamstring Curls One Leg | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Shoulder Front/Side Plate Raise | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| Cores strength # Your Choice | | | | | | |

Day #3 (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Squats | | 20Sec | Light | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| SB Leg Curls | | 20Sec | Body W | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 1 (After Circuit Workout) | | | | | | |



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Speed Strength Cycle Macrocycle Week # 27

Day #1 (Jan 24th)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|-------|-------|------|-------------|
| Back Squat (Easy Warm Up) | 2 | 5 | Light | 1-0-1 | 2m | |
| Back Squat +10 Box Jump(Two Feet)(After Each Set) | 4 | 6 | 75% | 2-1-X | 2m | |
| Incline Bench Press | 4 | 6 | 75% | 2-1-X | 2m | |
| Leg Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Cable Rows | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Pull Ups/Dips | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Cores strength # Your Choice | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|---------|-------|------|-------------|
| Push Jerk | 1 | 5 | Light | Fast | 1m | |
| Push Jerk | 3 | 6 | Light + | Fast | 2m | |
| Step Ups + 10 Bench Blast (5each Leg) | 4 | 6 | 75% | 2-1-X | 2m | |
| Bench Press + 10 Incline Push Ups (Hands On Bench) | 4 | 6 | 75% | 2-1-X | 2m | |
| Hamstring Curls One Leg | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Shoulder Front/Side Plate Raise | 3 | 8-10 | Med | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-10 | Med | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| Cores strength # Your Choice | | | | | | |

Day #3 (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--------------------------------------|------|-------|--------|-------|------|-------------|
| Squats | | 20Sec | Light | Med | | |
| Lunge Exchange (Hop and Switch Feet) | | 20Sec | Body W | Med | | |
| SB Leg Curls | | 20Sec | Body W | Med | | |
| Leg Extensions | | 20Sec | Light | Med | | |
| Calf Raises | | 20Sec | Light | Med | | |
| Push ups | | 20Sec | Body W | Med | | |
| Dips | | 20Sec | Body W | Med | | |
| Pull ups | | 20Sec | Body W | Med | | |
| Bicep Curl | | 20Sec | Light | Med | 2min | |
| ABS# 1 (After Circuit Workout) | | | | | | |



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Phase V Maintenance

The goal and purpose of the Maintenance phase is to simply maintain your personal lifting abilities while allowing your body to fully recover. This culmination of peaking and rest will result in top level performance. Athletes should perform only a select few exercises during this phase. These exercises should be performed with less than maximum weight but at high intensity. The weight will drop dramatically during this phase, placing the focus on performing quality lifts. After each strength training session the athletes should feel as if he has used his/her muscles explosively but never to complete failure.

In Season Strength Cycle Macrocycle Week # 28-52

Day #1 (Start Feb 21st)

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|--|------|------|--------|-------|------|-------------|
| Squat Press Stand | 2 | 8-12 | 60-75% | 1-0-1 | 1m | |
| Front Squat | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| Hamstring Curls | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| DB Bench Press | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| DB One Arm Rows | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| Standing DB Bicep Curl to Military Press | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| Back Extensions | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| Cores strength # Your Choice | | | | | | |

Day# 2

| Exercise | Sets | Reps | % MAX | Tempo | Rest | Performance |
|---------------------------------|------|------|--------|-------|------|-------------|
| Walking Lunges | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| Hamstring Curls | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| Leg Extensions | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| DB Incline Bench Press | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| Shoulder Front/Side Plate Raise | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| Cable Rows | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| Pull Ups/Dips | 3 | 8-12 | 60-75% | 1-0-1 | 1m | |
| | | | | | | |
| | | | | | | |
| Cores strength # Your Choice | | | | | | |