

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## 3-Day Soccer-Specific Workout Program

### Warm-up (5-10 minutes):

- Light cardio (jogging, jumping jacks)
- Dynamic stretches (arm circles, leg swings, torso twists)

### Workout Schedule:

#### Day 1: Strength & Power

- **Squats (3 sets of 8-12 reps):** Use resistance bands for added difficulty.
- **Lunges (3 sets of 10-15 reps per leg):** Perform walking lunges or stationary lunges with banded resistance.
- **Push-ups (3 sets of max reps):** Modify on knees if needed.
- **Dumbbell rows (3 sets of 10-12 reps per arm)**
- **Plank (3 sets of 30-60 seconds):** Hold a high plank with forearms on the ground or a low plank with hands on the ground.
- **Supermans (3 sets of 15-20 reps):** Lie on your stomach, raise your upper body and legs off the ground simultaneously.

#### Day 2: Speed & Agility

- **Ladder drills (10 minutes):** Various footwork patterns like in-and-out, carioca, high knees, etc.
- **Cone drills (10 minutes):** Change direction drills like zig-zag, carioca around cones, sprints between cones.
- **Hill sprints or sprints (4-6 sets of 20-30 seconds):** Find a moderate incline and sprint up, jog back.
- **Box jumps (3 sets of 6-8 reps):** Jump onto a stable box or platform, step down and repeat.
- **Lateral shuffles (3 sets of 30 seconds each side):** Shuffle laterally with quick steps, maintaining a low center of gravity.

#### Day 3: Endurance & Core

- **Continuous running (20-30 minutes):** Gradually increase pace throughout the run.
- **Burpees (3 sets of 10-15 reps):** Squat, jump back to plank, do a push-up, jump feet back to squat, jump up.
- **Bicycle crunches (3 sets of 15-20 reps per side):** Lie on your back, bring one knee towards your chest and twist to touch the opposite elbow, then repeat with the other side.
- **Mountain climbers (3 sets of 30 seconds):** Start in a high plank position, run your knees in and out towards your chest.

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- **Hollow hold (3 sets of 30-60 seconds):** Lie on your back with lower back pressed into the ground, raise your legs and shoulders off the ground slightly, creating a "banana" shape with your body.

## **Cool-down (5-10 minutes):**

- Static stretches (hold each stretch for 20-30 seconds)

## **Additional Notes:**

- Rest for 30-60 seconds between sets of strength exercises.
- Focus on proper form and technique over speed or weight.
- Listen to your body and take rest days when needed.
- Consider adding sport-specific drills like shooting practice or passing drills.
- Gradually increase intensity and duration of workouts as you progress.