



SOCCER WEIGHT LIFTING PROGRAM

OFF-SEASON & PRE-SEASON PERIODIZED ENDURANCE, POWER & STRENGTH CYCLES

This comprehensive periodized weight lifting program is tailored for soccer athletes, spanning both off-season endurance/power cycles and pre-season strength peaking to maximize on-field power and durability [cite: 51].

1. OFF-SEASON PROGRAM (WEEKS 1–8)

PHASE & DAYS	MUSCLE GROUP	EXERCISE	SETS & REPS
Weeks 1–4: Endurance Training (Days 1 & 3)	Chest	Barbell Bench Press	3 (20, 20, 20)
	Shoulders	Barbell Military Press	3 (20, 20, 20)
	Back	Bent-Over Dumbbell Rows	3 (20, 20, 20)
	Biceps/Forearms	Hammer Curls	2 (20, 20)
	Triceps	Dips	2 (Failure)
	Back	Wide-Grip Pull-Ups	2 (Failure)
Weeks 1–4: Endurance Training (Days 2 & 4)	Legs (All)	Squats	3 (20, 20, 20)
		Leg Press	3 (20, 20, 20)
		Calf Raises	3 (20, 20, 20)
		Lunges	2 (20, 20)
		Leg Extensions	2 (20, 20)
		Leg Curls	2 (20, 20)
Weeks 5–8: Power Training (Days 1 & 3)	Legs (All)	Jump Squats	3 (10, 10, 10)
		Dead Lift	3 (12, 12, 12)
		Squats	3 (8, 8, 8)
		Lunges	3 (10, 10, 10)
		Box Steps	3 (12, 12, 12)
		Calf Raises	3 (20, 20, 20)
Weeks 5–8: Power Training (Days 2 & 4)	Chest	Barbell Bench Press	3 (10, 10, 10)
	Shoulders	Push Press	3 (12, 12, 12)
	Back	Wide-Grip Pull-Ups	2 (Failure)
	Biceps/Forearms	Reverse Curls	3 (15, 15, 15)
	Triceps	Dips	2 (Failure)
	Back	Bent-Over Dumbbell Rows	3 (12, 12, 12)

2. OFF-SEASON PROGRAM (WEEKS 9–16)

PHASE & DAYS	MUSCLE GROUP	EXERCISE	SETS & REPS
Weeks 9–12: Endurance Training (Days 1 & 3)	Chest	Dumbbell Bench Press	3 (25, 25, 25)
	Shoulders	Dumbbell Military Press	3 (25, 25, 25)
	Back	Bent-Over Barbell Rows	3 (25, 25, 25)
	Biceps/Forearms	Reverse Curls	2 (25, 25)
	Back	Close-Grip Pull-Ups	3 (Failure)
	Biceps	Dumbbell Curls	2 (25, 25)
Weeks 9–12: Endurance Training (Days 2 & 4)	Legs (All)	Squats	3 (25, 25, 25)
		Leg Extensions	2 (25, 25)
		Leg Curls	2 (25, 25)
		Calf Raises	3 (25, 25, 25)
		Lunges	2 (25, 25)
		Leg Press	3 (25, 25, 25)
Weeks 13–16: Power Training (Days 1 & 3)	Legs (All)	Squats	3 (8, 8, 8)
		Lunges	3 (10, 10, 10)
		Jump Squats	3 (10, 10, 10)
		Dead Lift	3 (12, 12, 12)
		Box Steps	3 (12, 12, 12)
		Calf Raises	3 (20, 20, 20)
Weeks 13–16: Power Training (Days 2 & 4)	Chest	Dumbbell Bench Press	3 (10, 10, 10)
	Shoulders	Push Press	3 (12, 12, 12)
	Back	Close-Grip Pull-Ups	3 (Failure)
	Biceps/Forearms	Hammer Curls	3 (15, 15, 15)
	Chest	Cable Crossovers	3 (10, 10, 10)
	Back	T-Bar Rows	3 (12, 12, 12)

3. PRE-SEASON WEIGHT LIFTING PROGRAM

PHASE & DAYS	MUSCLE GROUP	EXERCISE	SETS & REPS
Weeks 1 & 2 (Day 1 & 3)	Legs (All)	Day 1: Squats, Lunges, Leg Extensions, Leg Curls, Jump Squats, Dead Lift Day 3: Leg Press, Box Steps, Lunges, Dead Lift, Jump Squats, Calf Raises	2 sets 15 reps each [cite: 51]
Weeks 1 & 2 (Day 2 & 4)	Upper Body	Day 2: Bench Press, Push Press, Pull-Ups, Hammer Curls, Dips, Pull-Ups Day 4: Bench Press, Pull-Ups, Rows, Reverse Curls, Military Press, Curls	2 sets 15 reps each [cite: 51]
Weeks 3 & 4 (Day 1 & 3)	Legs (All)	Day 1: Squats, Lunges, Leg Extensions, Leg Curls, Jump Squats, Dead Lift Day 3: Leg Press, Box Steps, Lunges, Dead Lift, Jump Squats, Calf Raises	3 sets 8, 8, 8 reps (Calf: 20 reps) [cite: 51]
Weeks 3 & 4 (Day 2 & 4)	Upper Body	Day 2: Bench Press, Push Press, Pull-Ups, Hammer Curls, Dips, Pull-Ups Day 4: Bench Press, Pull-Ups, Rows, Reverse Curls, Military Press, Curls	3 sets 8, 8, 8 reps [cite: 51]

PHASE & DAYS	MUSCLE GROUP	EXERCISE	SETS & REPS
Week 5 (Day 1 & 3)	Legs (All)	Day 1: Squats, Lunges, Leg Extensions, Leg Curls, Jump Squats, Dead Lift Day 3: Leg Press, Box Steps, Lunges, Dead Lift, Jump Squats, Calf Raises	4 sets 6, 6, 6, 6 reps (Calf: 20 reps) [cite: 51]
Week 5 (Day 2 & 4)	Upper Body	Day 2: Bench Press, Push Press, Pull-Ups, Hammer Curls, Dips, Pull-Ups Day 4: Bench Press, Pull-Ups, Rows, Reverse Curls, Military Press, Curls	4 sets 6, 6, 6, 6 reps [cite: 51]

PROGRAM GUIDELINES & RECOVERY

- **Rest Periods:** Always rest for 1 full week between major off-season training cycles [cite: 51].
- **Progressive Overload:** Pre-season transitions smoothly from high-repetition base endurance (15 reps) down to heavy strength/power (8 reps, then 6 reps).

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This program is for educational purposes. Consult a physician before beginning any new exercise routine. Stop if you experience pain. Results vary based on individual effort and consistency.