



12-WEEK COLLEGE IN-SEASON TRAINING PROGRAM FOR SOCCER

IN-SEASON MAINTENANCE PHASE (STRENGTH, POWER, & SPEED)

This comprehensive 12-week weight lifting program is designed for college-level soccer players who are in-season. This program focuses on maintaining strength, power, and speed through compound movements and isolation exercises. The program is structured to be performed three times a week.

1. WEEKS 1–12: IN-SEASON MAINTENANCE PHASE

DAY / FOCUS	EXERCISES, SETS, REPS & REST INTERVALS
Day 1: Upper Body and Core	• Bench Press: 3 sets of 6–8 reps (2–3 minutes rest). • Pull-Ups: 3 sets of 6–8 reps (2–3 minutes rest). • Overhead Press: 3 sets of 8–10 reps (2 minutes rest). • Bent Over Rows: 3 sets of 8–10 reps (2 minutes rest). • Bicep Curls: 3 sets of 10–12 reps (1.5 minutes rest). • Tricep Dips: 3 sets of 10–12 reps (1.5 minutes rest). • Plank: 3 sets of 1 minute (1 minute rest). • Russian Twists: 3 sets of 20 reps (1.5 minutes rest).
Day 2: Lower Body and Power	• Squats: 3 sets of 6–8 reps (3 minutes rest). • Deadlifts: 3 sets of 6–8 reps (3 minutes rest). • Leg Press: 3 sets of 10–12 reps (2 minutes rest). • Hamstring Curls: 3 sets of 10–12 reps (1.5 minutes rest). • Calf Raises: 3 sets of 15 reps (1.5 minutes rest). • Box Jumps: 3 sets of 10 reps (2 minutes rest). • Sled Pushes: 3 sets of 20 meters (2 minutes rest).
Day 3: Full Body and Speed	• Hex Bar Deadlifts: 3 sets of 6–8 reps (3 minutes rest). • Incline Dumbbell Press: 3 sets of 8–10 reps (2 minutes rest). • Lat Pulldowns: 3 sets of 10–12 reps (2 minutes rest). • Lateral Raises: 3 sets of 12–15 reps (1.5 minutes rest). • Power Cleans: 3 sets of 4–6 reps (3 minutes rest). • Push Press: 3 sets of 4–6 reps (2–3 minutes rest). • Plyometric Lunges: 3 sets of 10 reps per leg (1.5 minutes rest).

PROGRAM NOTES & GUIDELINES

- **Warm-Up:** Always start with a 10–15 minute dynamic warm-up to prepare your muscles and joints.
- **Cool Down:** Finish each session with a 10-minute cool down, including stretching and foam rolling.
- **Progression:** Maintain the weight throughout the season to avoid overtraining and ensure recovery.
- **Rest:** Ensure adequate rest and recovery between workouts to prevent fatigue and injury.
- **Adjustment:** Feel free to adjust the program based on individual needs and progress. Good luck with your training and your season!

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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.