



12-WEEK COLLEGE OFF-SEASON TRAINING PROGRAM FOR SOCCER

STRENGTH, SPEED, AND JUMPING POWER DEVELOPMENT

This comprehensive 12-week weight lifting program is designed for a college-level soccer player in the off-season. Focused on building strength, speed, and jumping power through compound movements and isolation exercises, the program is structured to be performed four times a week.

1. WEEKS 1–4: FOUNDATION PHASE

DAY / FOCUS	EXERCISES, SETS, REPS & REST INTERVALS
Day 1: Upper Body Strength	• Bench Press: 4 sets of 6–8 reps (2–3 minutes rest). • Pull-Ups: 4 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).
Day 2: Lower Body Strength	• Squats: 4 sets of 6–8 reps (3 minutes rest). • Deadlifts: 4 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).
Day 3: Power and Speed	• Power Cleans: 4 sets of 4–6 reps (3 minutes rest). • Push Press: 4 sets of 4–6 reps (2–3 minutes rest). • Box Jumps: 3 sets of 10 reps (2 minutes rest). • Sled Pushes: 3 sets of 20 meters (2 minutes rest). • Plyometric Lunges: 3 sets of 10 reps per leg (1.5 minutes rest).
Day 4: Full Body & Isolation	• Hex Bar Deadlifts: 4 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). • Plank: 3 sets of 1 minute (1 minute rest). • Russian Twists: 3 sets of 20 reps (1.5 minutes rest).

2. WEEKS 5–8: STRENGTH AND POWER PHASE

DAY / FOCUS	EXERCISES, SETS, REPS & REST INTERVALS
Day 1: Upper Body Strength	• Bench Press: 5 sets of 5 reps (3 minutes rest). • Pull-Ups: 5 sets of 5 reps (3 minutes rest). • Overhead Press: 4 sets of 6–8 reps (2–3 minutes rest). • Bent Over Rows: 4 sets of 6–8 reps (2–3 minutes rest). • Bicep Curls: 4 sets of 8–10 reps (2 minutes rest). • Tricep Dips: 4 sets of 8–10 reps (2 minutes rest).
Day 2: Lower Body Strength	• Squats: 5 sets of 5 reps (3 minutes rest). • Deadlifts: 5 sets of 5 reps (3 minutes rest). • Leg Press: 4 sets of 8–10 reps (2–3 minutes rest). • Hamstring Curls: 4 sets of 8–10 reps (2 minutes rest). • Calf Raises: 4 sets of 12 reps (2 minutes rest).
Day 3: Power and Speed	• Power Cleans: 5 sets of 3–5 reps (3 minutes rest). • Push Press: 5 sets of 3–5 reps (3 minutes rest). • Box Jumps: 4 sets of 8 reps (2–3 minutes rest). • Sled Pushes: 4 sets of 20 meters (2 minutes rest). • Plyometric Lunges: 4 sets of 8 reps per leg (2 minutes rest).

DAY / FOCUS	EXERCISES, SETS, REPS & REST INTERVALS
Day 4: Full Body & Isolation	• Hex Bar Deadlifts: 5 sets of 5 reps (3 minutes rest). • Incline Dumbbell Press: 4 sets of 6–8 reps (2–3 minutes rest). • Lat Pulldowns: 4 sets of 8–10 reps (2–3 minutes rest). • Lateral Raises: 4 sets of 10–12 reps (2 minutes rest). • Plank: 4 sets of 1 minute (1 minute rest). • Russian Twists: 4 sets of 16 reps (2 minutes rest).

3. WEEKS 9–12: PEAK PHASE

DAY / FOCUS	EXERCISES, SETS, REPS & REST INTERVALS
Day 1: Upper Body Strength	• Bench Press: 6 sets of 4 reps (3 minutes rest). • Pull-Ups: 6 sets of 4 reps (3 minutes rest). • Overhead Press: 5 sets of 5 reps (2–3 minutes rest). • Bent Over Rows: 5 sets of 5 reps (2–3 minutes rest). • Bicep Curls: 5 sets of 6–8 reps (2 minutes rest). • Tricep Dips: 5 sets of 6–8 reps (2 minutes rest).
Day 2: Lower Body Strength	• Squats: 6 sets of 4 reps (3 minutes rest). • Deadlifts: 6 sets of 4 reps (3 minutes rest). • Leg Press: 5 sets of 6–8 reps (2–3 minutes rest). • Hamstring Curls: 5 sets of 6–8 reps (2 minutes rest). • Calf Raises: 5 sets of 10 reps (2 minutes rest).
Day 3: Power and Speed	• Power Cleans: 6 sets of 3 reps (3 minutes rest). • Push Press: 6 sets of 3 reps (3 minutes rest). • Box Jumps: 5 sets of 6 reps (2–3 minutes rest). • Sled Pushes: 5 sets of 20 meters (2 minutes rest). • Plyometric Lunges: 5 sets of 6 reps per leg (2 minutes rest).
Day 4: Full Body & Isolation	• Hex Bar Deadlifts: 6 sets of 4 reps (3 minutes rest). • Incline Dumbbell Press: 5 sets of 5 reps (2–3 minutes rest). • Lat Pulldowns: 5 sets of 6–8 reps (2–3 minutes rest). • Lateral Raises: 5 sets of 8–10 reps (2 minutes rest). • Plank: 5 sets of 1 minute (1 minute rest). • Russian Twists: 5 sets of 12 reps (2 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:** Gradually increase the weight each week to continue challenging your muscles.
- **Rest:** Ensure adequate rest and recovery between workouts to prevent overtraining.
- **Adjustment:** Feel free to adjust the program based on individual needs and progress. Good luck with your training!

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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.