



3-DAY SOCCER-SPECIFIC WORKOUT PROGRAM

STRENGTH, POWER, SPEED, AGILITY, ENDURANCE & CORE CONDITIONING

This balanced 3-day soccer-specific training program combines functional strength, explosive speed & agility, and cardiovascular endurance to optimize match performance.

1. WARM-UP & COOL-DOWN PROTOCOLS

PHASE	ACTIVITIES & PROTOCOLS
Warm-Up (5–10 minutes)	• Light Cardio: Jogging, jumping jacks. • Dynamic Stretches: Arm circles, leg swings, torso twists.
Cool-Down (5–10 minutes)	• Static Stretches: Hold each stretch for 20–30 seconds.

2. WEEKLY WORKOUT SCHEDULE

DAY / FOCUS	EXERCISES, SETS & REPS / DURATION
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 (Walking or stationary 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 (High plank on forearms or low plank on hands). • Supermans: 3 sets of 15–20 reps (Lie on stomach, raise upper body and legs simultaneously).
Day 2: Speed & Agility	• Ladder Drills: 10 minutes (Footwork patterns like in-and-out, carioca, high knees). • Cone Drills: 10 minutes (Zig-zag, carioca around cones, sprints between cones). • Hill Sprints / Sprints: 4–6 sets of 20–30 seconds (Moderate incline, sprint up, jog back). • Box Jumps: 3 sets of 6–8 reps (Jump onto stable box/platform, step down). • Lateral Shuffles: 3 sets of 30 seconds each side (Quick steps, low center of gravity).
Day 3: Endurance & Core	• Continuous Running: 20–30 minutes (Gradually increase pace throughout run). • Burpees: 3 sets of 10–15 reps (Squat, jump back to plank, push-up, jump feet back, jump up). • Bicycle Crunches: 3 sets of 15–20 reps per side (Twist to touch opposite elbow). • Mountain Climbers: 3 sets of 30 seconds (High plank position, run knees in and out). • Hollow Hold: 3 sets of 30–60 seconds (Lower back pressed into ground, banana shape).

ADDITIONAL TRAINING NOTES

- **Rest Intervals:** Rest for 30–60 seconds between sets of strength exercises.
- **Form Over Speed:** Focus on proper form and technique over speed or weight.
- **Recovery & Progression:** Listen to your body, take rest days when needed, and gradually increase intensity and duration as you progress.
- **Sport Integration:** Consider adding sport-specific drills like shooting practice or passing drills.

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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.