



FREE PRINTABLE TRAINING PLAN

SOCCER CONDITIONING WORKOUTS

An eight-week off-season strength and fitness example

8	32	4
WEEKS	WORKOUTS	PER EXAMPLE WEEK

Adaptable for all ages | Gym and field sessions
Includes clear doses, rest periods, diagrams and printable logs.

PURPOSE + SCOPE

A plan you can actually follow

Use the gym to build strength, the field to build fitness, and the recovery days to absorb the work.

Random runs and gym sessions can leave you tired without a clear idea of what is improving. Adding more work can make that harder to manage. We created this eight-week soccer conditioning plan to give your training a purpose: **four repeatable workouts, clear progression and an honest record of your work.** Our 32-session example repeats useful movements so you can practise them and compare your progress.

WHO IT IS FOR

Our plan is adaptable for **youth and adult outfield players of all ages**. Match the workload to age, development, experience and current fitness. **Children need qualified adult coaching**: begin with playful movement, ball skills and bodyweight technique, rather than the full written workload.

FIT THE PLAN TO THE PLAYER

Your coach should set gym loads, field durations and session frequency; **four workouts are not mandatory for every age**. Start after your agreed post-season recovery. New lifters need qualified technique coaching. This is general training information, not rehabilitation. Stop for pain, dizziness or unusual symptoms and seek appropriate advice.

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Weekly rhythm, warm-up and effort guide	3-4
Gym sessions and exercise instructions	5-8
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PLAN THE WEEK

Four workouts. Three recovery days.

This example assumes you are ready for the full workload and are not also completing a full team-training and match programme.

Day	Session	What you do
Monday	A - Strength	Full-body gym work; controlled repetitions.
Tuesday	B - Aerobic	Comfortable running plus simple ball work.
Wednesday	Recovery	Rest, or an easy walk and gentle mobility.
Thursday	C - Strength	Full-body gym work; different movement emphasis.
Friday	Recovery	Rest. Prepare your kit and training space.
Saturday	D - Field	Fresh accelerations, ball work, then controlled intervals.
Sunday	Recovery	Rest. Review the week and plan the next one.

ADAPT THE WEEK TO THE PLAYER

This is **an example schedule, not a requirement for every age**. A coach can select fewer or shorter sessions. The full example takes 35-60 minutes for gym work and about 30-45 minutes for field work. Keep recovery between strength days, and avoid adding repetitions just to fill time.

WHEN A MATCH APPEARS

A match replaces Saturday D. Keep Friday as recovery. If Thursday C would leave you sore or tired for the match, omit it or agree a lighter session with your coach. Do not squeeze missed work into Sunday. Team training counts towards your total workload.

EVERY SESSION

Warm up before you work

Use a flat, clear space and suitable footwear. Begin gently and build the movement speed gradually.

Time	Gym / Saturday field warm-up
0-2 min	Easy walk or jog; add relaxed side steps.
2-4 min	Six controlled ankle rocks and hip openings per side; easy leg swings.
4-6 min	Six bodyweight squats, six hip hinges, six calf raises and four split squats per side.
6-8 min	Gym: rehearse the first two lifts without load. Field: easy ball touches and short dribbles.
8-10 min	Gym: one light practice set of the first two lifts. Field: three 10 m runs, each a little faster, walking back.

TUESDAY WARM-UP: 8 MINUTES

Walk or jog easily for 3 minutes; spend 3 minutes on the mobility and bodyweight movements above; jog for another 2 minutes. You should feel ready, not tired.

Two ways to control effort

- **RPE (0-10)** describes how hard the whole activity feels. Aerobic work at RPE 4-5 should allow short sentences. Intervals at RPE 6-7 feel harder, but remain controlled.
- **Repetitions in reserve (RIR)** means how many good repetitions you could still do. Finish gym sets with about 2-3 good repetitions available. Adjust the load or exercise difficulty to keep that margin.
- **Cool down for 5 minutes.** Walk easily, breathe normally and use comfortable mobility if wanted. Record your session while the details are fresh.

GYM WORKOUT A

Build a strong base

Allow about 35-55 minutes. Complete the 10-minute warm-up on page 4, then work down the table.

Exercise	Dose	Rest
1. Goblet squat	Weekly main-lift sets x reps	90 sec
2. Dumbbell Romanian deadlift	Weekly main-lift sets x reps	90 sec
3. Incline push-up	Weekly main-lift sets x reps	90 sec
4. Supported one-arm row	Weekly main-lift sets x reps per side	90 sec after both sides
5. Standing calf raise	2 x 12; 1 x 12 in weeks 4 and 8	60 sec
6. Side plank	2 x 20 sec per side; 1 set in weeks 4 and 8	30 sec between sides; 60 sec between sets

READ THE PROGRESSION CORRECTLY

Pages 12-13 give the dose for exercises 1-4. For example, week 1 is 2 sets of 8 repetitions. Complete all sets of one exercise before moving on. A one-sided set includes both sides. Use controlled movement and keep 2-3 good repetitions in reserve.

CHOOSE A USEFUL LOAD

Start light enough to learn the movement. If you cannot finish the planned repetitions with control and the reserve above, reduce the load or use the easier option. Never test a maximum lift or work to failure in this plan.

Finish: 5 minutes of easy walking and comfortable mobility. Log the load, repetitions and how the session felt. Exercise instructions are on pages 7-8.

GYM WORKOUT C

Control one side at a time

Allow about 40-60 minutes. Begin with the 10-minute warm-up and light practice sets.

Exercise	Dose	Rest
1. Split squat	Weekly main-lift sets x reps per side	90 sec after both sides
2. Glute bridge / loaded hip bridge	Weekly main-lift sets x reps	90 sec
3. Dumbbell floor press	Weekly main-lift sets x reps	90 sec
4. Seated cable row or band row	Weekly main-lift sets x reps	90 sec
5. Standing calf raise	2 x 12; 1 x 12 in weeks 4 and 8	60 sec
6. Dead bug	2 x 6 per side; 1 set in weeks 4 and 8	60 sec

BALANCE BEFORE LOAD

Begin split squats with bodyweight and support if needed. Use a comfortable range of motion that you can repeat without twisting or losing balance. Add a small load only once the movement is controlled.

NO RUSHED CIRCUITS

These are strength sets, not a race. Take the listed recovery. If you still cannot repeat the next set with good technique, rest longer or reduce the load. Allow a little extra session time when learning a movement.

Finish: 5 minutes of easy walking and comfortable mobility. Keep Friday as a recovery day. Pages 7-8 explain each exercise; page 14 gives alternatives when equipment is unavailable.

EXERCISE INSTRUCTIONS

Own the basic movements

Ask a qualified coach to check your technique. Use the simplest version you can perform well.

1

Goblet squat

Hold one dumbbell or kettlebell close to your chest. Stand comfortably, sit down between your hips and keep your whole foot supported. Rise without bouncing. Use a bodyweight squat to a stable bench if balance or depth is difficult.

2

Dumbbell Romanian deadlift

Stand tall with the weights close to your thighs and knees softly bent. Push your hips back while the weights stay close to your legs. Stop before your back position changes, then stand by driving the hips forward. Practise a bodyweight hip hinge first.

3

Split squat

Take a comfortable staggered stance with both feet on the floor. Lower straight down by bending both knees, then push through the front foot to rise. Keep your trunk controlled. Hold a stable support if needed. Complete both sides.

4

Glute bridge / loaded hip bridge

Lie on your back with knees bent and feet flat. Tighten the trunk gently and lift your hips until shoulders, hips and knees form a line. Lower with control. Progress from bodyweight to a padded dumbbell across the hips only with competent supervision.

5

Standing calf raise

Stand with feet comfortably apart and hold a support if needed. Rise through the balls of your feet without rolling the ankles out, pause briefly and lower slowly. Begin with bodyweight; add light dumbbells when the movement remains steady.

For every repetition: use a comfortable range, keep breathing and stop if pain changes your movement. An exercise that you cannot perform well is a cue to regress, not to force the planned dose.

EXERCISE INSTRUCTIONS

Push, pull and hold your shape

Secure equipment before every set. Bands need a sound, manufacturer-approved anchor and must be checked for damage.

1

Incline push-up

Place your hands on a stable bench or fixed rail. Keep a straight line from head to heels, lower your chest towards your hands, then press away. Choose a higher support if needed; use a lower support only when every repetition stays controlled.

2

Supported one-arm row

Support one hand on a stable bench, with feet firmly placed. Keep your back steady. Pull the dumbbell towards your hip without twisting or shrugging, then lower slowly. Complete the same number on each side.



Band work at our academy

3

Dumbbell floor press

Lie on the floor with knees bent. Hold light dumbbells above the chest and lower until the upper arms gently touch the floor. Keep elbows at a comfortable angle, then press up without bouncing. Ask for help setting up unfamiliar loads.

4

Seated cable row / standing band row

Choose a secure cable station or band anchor around lower-chest height. Keep ribs and pelvis steady, pull the hands towards your lower ribs and let the arms return under control. Do not lean back to move a heavier load.

5

Side plank

Lie on your side with the elbow under the shoulder. Lift the hips and hold a straight line while breathing. Bend the knees for an easier version. Stop before the hips sag. Complete both sides.

6

Dead bug

Lie on your back with arms up and hips and knees bent. Keep your trunk still while slowly lowering one heel towards the floor; return, then switch sides. Add the opposite arm only if your back position stays controlled.

AEROBIC FIELD WORKOUT

Build comfortable running volume

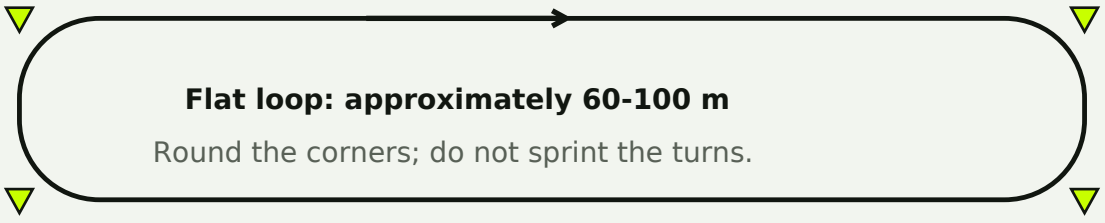
A repeatable, moderate session. You should finish with energy left for the rest of the week.

Part	What to do	Time
Prepare	Tuesday warm-up from page 4.	8 min
Main run	Continuous easy-to-moderate running at RPE 4-5. Use the weekly duration on pages 12-13.	15-26 min
Ball control	Four rounds: 45 sec relaxed dribbling, then 30 sec walking. Use both feet and turn gently.	5 min
Cool down	Easy walk; record duration, effort and any notes.	5 min

HOW FAST?

Use a pace where short sentences remain possible. Keep the effort steady rather than chasing a speed target. If that effort is too high, use 2 minutes of jogging followed by 1 minute of walking, repeating for the prescribed total duration. Record that variation.

Set up a simple loop



A measured track or safe open route also works. Use the same route when comparing your notes. In heat, poor conditions or unusual fatigue, reduce the session or postpone it. Choose a safe surface with enough room for other users.

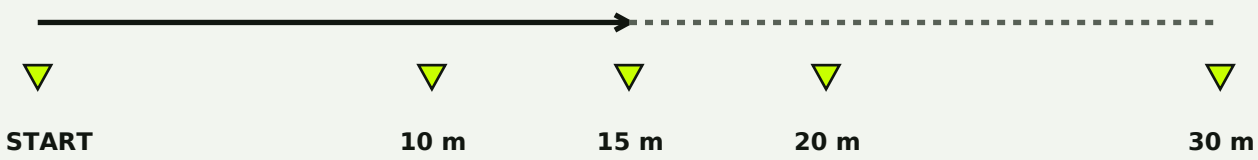
FIELD WORKOUT / PART ONE

Accelerate while you are fresh

The fast efforts come before conditioning. These are short, controlled accelerations, not an exhaustion test.

Part	Instruction
1. Warm up - 10 min	Use the field warm-up on page 4, including three gradually faster 10 m runs.
2. Accelerations - 4-9 min	Use the weekly repetitions and distance on pages 12-13. Run smoothly at roughly 80-90% of your own perceived maximum effort, then decelerate gradually in the run-out.
3. Recover fully	Rest 75-90 seconds after each repetition, including the walk back. Start the next one only when ready to repeat the movement well. If you are still tired, take longer or stop the speed work.
4. Ball work - 5 min	Use four rounds of 45 sec relaxed dribbling plus 30 sec walking. Then move to the interval section on page 11.

Acceleration lane



Arrow example: 15 m acceleration. Use your weekly distance and keep at least 10 m beyond the finish to slow down.

KEEP THE QUALITY

Stop the acceleration block if you begin to stumble, lose posture or feel slower and less coordinated. Never compensate with extra sprints later. The aim is clean movement; the prescribed repetitions are a ceiling for that day.

FIELD WORKOUT / PART TWO

Repeat controlled work

After the accelerations and ball work, use this simple interval format. Keep it brisk and repeatable.

Each repetition	What it means
20 seconds of work	Run briskly around a flat, rounded loop at RPE 6-7. Keep a pace you can reproduce on the next repetition; this is not an all-out sprint.
40 seconds of recovery	Walk easily. The next repetition starts after the full 40 seconds.
5-10 repetitions	Use the exact weekly number on pages 12-13. Each work-and-recovery pair lasts 1 minute.
5-minute cool-down	Walk easily, then record the number completed and your session RPE.

Two solo options

OPTION 1 - RUN THE LOOP

Use the rounded loop from page 9. Work for 20 seconds wherever you are on the loop, then walk for 40 seconds. Do not stop sharply at a cone. Leave space for other players and keep turning under control.

OPTION 2 - CONTROLLED BALL CARRIES

Dribble around the same loop for 20 seconds, then walk with the ball for 40 seconds. Keep the ball close enough to control and reduce speed around bends. Choose this option for the whole block and record it; do not compare its pace directly with running.

MAKE THE NEXT REPETITION ACHIEVABLE

If the first few bouts already feel above RPE 7, slow down. If you cannot recover enough to repeat a controlled effort, end the block. A coach can reduce the number of repetitions or use 15 seconds of work and 45 seconds of walking while you build tolerance.

Total Session D: about 30-45 minutes, including warm-up, rest, ball work and cool-down. Take longer recovery if needed; do not add hard work.

YOUR FIRST FOUR WEEKS

Learn. Repeat. Build. Unload.

Use these example targets only when your coach considers the workload appropriate. Gym doses apply to exercises 1-4 in A and C; accessories are on pages 5-6.

Week	A + C main lifts	B main run	D accelerations + intervals
1	2 x 8	15 min	4 x 10 m 6 x (20 sec / 40 sec)
2	2 x 8	18 min	4 x 10 m 7 x (20 sec / 40 sec)
3	3 x 8	20 min	5 x 10 m 8 x (20 sec / 40 sec)
4	2 x 8	15 min	3 x 10 m 5 x (20 sec / 40 sec)

WEEK 1 - ESTABLISH YOUR STARTING POINT

Choose conservative loads and learn the exercises. Record every load and variation. Use the submaximal check on page 16 during Tuesday B if you want a repeatable baseline; it replaces the first 6 minutes of the main run.

WEEKS 2-3 - CHANGE ONE THING

In week 2, increase a gym load by the smallest available step only if every set was controlled with at least 3 good repetitions left. If not, keep it unchanged. Week 3 adds a set: keep week 2 loads rather than increasing load again.

WEEK 4 - REDUCE THE WORK

Keep movement quality and lower total volume. Use the same load only if it feels comfortable; otherwise reduce it. Perform only one set of each accessory exercise. This lighter week is planned, not a sign that you are behind.

Only advance when the previous week is manageable and you have recovered. Repeat a week or reduce it when needed. The calendar does not overrule your readiness.

YOUR NEXT FOUR WEEKS

Build capacity. Finish fresh.

Progress only when your coach and current readiness support it. Keep gym repetitions controlled with 2-3 in reserve; use a smaller dose if needed.

Week	A + C main lifts	B main run	D accelerations + intervals
5	3 x 8	22 min	4 x 15 m 8 x (20 sec / 40 sec)
6	3 x 9	24 min	5 x 15 m 9 x (20 sec / 40 sec)
7	3 x 10	26 min	6 x 15 m 10 x (20 sec / 40 sec)
8	2 x 8	18 min	3 x 10 m 6 x (20 sec / 40 sec)

WEEK 5 - REBUILD SMOOTHLY

Return to the loads you controlled in week 3 if ready. The longer acceleration distance is still a controlled effort. If the extra distance affects your movement, keep 10 m and record the change.

WEEKS 6-7 - ADD REPETITIONS, NOT EVERYTHING

Keep the same gym loads while the repetition targets rise. If 9 or 10 repetitions remove your 2-3 repetition reserve, use a lighter load. Do not add more sets, extra running or harder intervals on top.

WEEK 8 - CONSOLIDATE AND REVIEW

Reduce the volume and complete only one set of each accessory exercise. Repeat the page 16 check within Tuesday B if conditions are comparable. Compare your log, then agree the next phase with your coach or team.

Approaching team pre-season? Share your completed log. A full team programme replaces this schedule; it is not an additional layer. Keep only the individual work your coach believes is useful.

WORK WITH WHAT YOU HAVE

No gym? Use an easier route.

Gym kit: a pair of dumbbells, a stable bench and a cable or secure band row setup. A kettlebell can replace the goblet-squat dumbbell. These alternatives preserve movement patterns, but not every gym loading benefit.

Planned exercise	Practical alternative
Goblet squat	Bodyweight squat to a stable bench; progress to a securely loaded backpack held close to the chest.
Dumbbell Romanian deadlift	Bodyweight hip hinge. If coached and controlled, hinge with a securely loaded backpack held close to the legs.
Supported dumbbell row	Resistance-band row using a sound, manufacturer-approved anchor. With no safe pulling equipment, omit the row and note the gap.
Dumbbell floor press	Incline push-up against a stable fixed support.
Cable row	Resistance-band row with a secure anchor. Do not improvise an attachment to an unstable door or furniture.
Split squat / bridge / calf raise	Use the bodyweight version. A stable support can help balance.
Side plank / dead bug	Use the easier version explained on page 8.

ADAPT THE DOSE AND DIFFICULTY

Our substitutions preserve the movement focus but change the training stimulus. Use coach-selected sets and repetitions; the weekly table is an example. Progress only with control. Never improvise unsafe loads or anchors to make an exercise feel harder.

Bring to the field

A ball, six cones or safe markers, a timer and water. Measure a flat 20 m lane with at least 10 m of clear run-out beyond the finish. Find a safe loop of roughly 60-100 m for aerobic running and intervals. No training partner is needed; children still need qualified adult coaching.

TWO-QUESTION PLANNING CHECK

Choose your weekly route

Use the age and readiness guidance on page 2 first. Answer both questions, then follow the matching row. This plans workload; it does not establish medical fitness.

1. Is team training or a match scheduled this week?
[ ] Yes [ ] No

2. Do you have gym equipment and qualified technique support?
[ ] Yes [ ] No

Q1 / Q2	Your starting route
No / Yes	Use the example only at the workload your coach selects for your age, experience and readiness.
No / No	Use the limited-equipment options on page 14. Arrange qualified technique support before unfamiliar or loaded exercise.
Yes / Yes	Ask your coach to select gym and field work around team sessions. A match replaces Session D; do not add the full plan.
Yes / No	Prioritise team work. Agree a reduced routine using the page 14 alternatives; leave space for recovery.

READINESS STILL COMES FIRST

Stop for pain, illness, dizziness or unusual symptoms and use appropriate qualified advice. With poor sleep, heavy legs or lingering soreness, reduce or repeat a week. Missed a workout? **Do not double** the next one. After a longer break, rebuild gradually with your coach.

KEEP RECOVERY PRACTICAL

Keep regular sleep and meal routines. Begin sessions hydrated and have water available. Choose a cooler training time in hot conditions, and reduce or stop work when needed. Use how well you recover to help plan the next session.

MEASURE WITHOUT EXHAUSTING YOURSELF

Compare like with like

These simple checks help you describe progress. They are not medical tests, selection standards or a prediction of professional potential.

1

A controlled run

In Tuesday B, weeks 1 and 8, use the first 6 minutes of the main run at RPE 4 on the same measured route. A coach can choose a shorter duration; repeat that duration in week 8. Record time, distance and effort, then finish the planned session easily. Do not race.

2

A familiar strength movement

In Monday's warm-up, weeks 1 and 8, complete 8 controlled squats with the same familiar light load and setup; a coach can choose fewer repetitions or bodyweight. Repeat the same version and dose on both checks. Record balance, range and control; do not add weight to chase a better score.

3

Compare the context

Use the same route, shoes, measurement method and similar conditions when possible. Note heat, wind, surface, recent football and how you slept. A single better or worse result is not a complete picture; review the training log as well.

Record	Week 1	Week 8
Run time / distance	_____	_____
Run RPE / route	_____	_____
Squat reps / load / variation	_____	_____
Control notes	_____	_____
Conditions / fatigue	_____	_____

If the route or effort changes, treat the result as a new reference rather than a direct comparison. Pain or unusual symptoms mean stop, not test again harder.

QUESTIONS PLAYERS ASK

Make the programme fit your week

Use these answers with the adjustment rules on page 15.

1

Is this a professional soccer player workout plan?

It uses basic strength, aerobic and acceleration principles relevant to football. It is an adaptable example for developing players, not a copy of a professional club's individual prescription.

2

Can I do more conditioning on recovery days?

Keep recovery days easy. If you also play football, review the total workload with your coach. Extra hard work can make it harder to complete the next useful session well.

3

Should I use heavier weights every week?

No. The plan changes sets and repetitions as well as load. Keep 2-3 good repetitions available, follow pages 12-13 and increase only when your technique and recovery support it.

4

What if I cannot run for the prescribed duration?

Use the jog-walk option on page 9 and keep the effort controlled. Repeat a manageable week before increasing it. A new or long-inactive player may need an easier starting programme with a coach.

5

Can I use the plan during the season?

The full four-workout schedule is designed for a period without a full match and team-training load. During the season, let your coach select and reduce the useful parts; do not add all four sessions.

6

Do I need a gym, partner or goal?

Gym equipment gives more loading options; page 14 explains alternatives. No training partner or goal is needed, but children still need qualified adult coaching. Use safe space, suitable equipment and sound technique.

YOUR TRAINING RECORD

Eight weeks at a glance

Tick a box only after completing the session. Write a short note whenever you change the dose or replace a workout.

Player: _____ Start date: _____

Coach / contact: _____ Main goal: _____

Week	A / Mon	B / Tue	C / Thu	D / Sat	Change / note
01	[ ]	[ ]	[ ]	[ ]	
02	[ ]	[ ]	[ ]	[ ]	
03	[ ]	[ ]	[ ]	[ ]	
04	[ ]	[ ]	[ ]	[ ]	
05	[ ]	[ ]	[ ]	[ ]	
06	[ ]	[ ]	[ ]	[ ]	
07	[ ]	[ ]	[ ]	[ ]	
08	[ ]	[ ]	[ ]	[ ]	

HOW TO USE THIS PAGE

A replacement team session or match should be written in the notes, not treated as a failed week. Record the actual work in the gym or field log. Print those log pages again whenever you need more space.

End-of-block review

One useful adjustment for my next block: _____

ONE PAGE PER GYM WORKOUT

Record the work you actually do

Write the load and completed repetitions, not just the target. For dumbbells, state whether the load is per hand or total.

Date: _____ Week: _____ Session: A / C

Readiness / recent football: _____

Exercise / variation	Load	Set 1	Set 2	Set 3
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____
5. _____	_____	_____	_____	--
6. _____	_____	_____	_____	--

Good repetitions left at the end of main sets: _____

Session time: _____ minutes Session RPE (0-10): _____

Technique / discomfort / adjustments: _____

_____

NEXT TIME

Follow the weekly progression and keep the target repetition reserve. Leave the third-set cell blank in two-set weeks.

ONE PAGE PER FIELD WORKOUT

Keep the context with the numbers

Choose the sections that apply to Session B or D. Your notes make later comparisons more useful.

Date: _____ Week: _____ Session: B / D

Surface / weather / route: _____

Readiness / recent football: _____

Session B / aerobic	Actual result
Main-run minutes / jog-walk option	_____
Main-run RPE / distance if measured	_____
Ball-work rounds completed	_____

Session D / field	Actual result
Accelerations: repetitions x distance	_____
Rest after each acceleration	_____
Intervals: repetitions / run or ball	_____
Interval effort / any dose changes	_____

Total session time: _____ minutes Session RPE (0-10): _____

What stayed controlled? _____

What should change next time? _____

ONE USEFUL NOTE IS ENOUGH

Write one concrete adjustment you made and why. Use it when planning your next session.



A CLEAR PLAN.
A REAL FOOTBALL CONTEXT.

TRAIN WITH PURPOSE. BRING IT TO THE GAME.

We want your conditioning work to support what you do with the ball. Keep practising, learn from your coach and use your training log to choose the next useful step.

At our academy in Alicante, we combine morning football training with UEFA-qualified coaches, gym work and group training. If you want that wider training environment, explore our programme. You can also use our year plan to organise your technical practice.

EXPLORE ALICANTE FOOTBALL ACADEMY →

OPEN THE 52-WEEK FOOTBALL TRAINING PLAN →

No training plan can guarantee selection, a contract or professional status. Use this resource to organise useful work and have better conversations with your coach.