

June 2007

SUN MON TUE WED THU FRI SAT

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Run 2 Miles Day 1 Lift	19 40 Yd Shuttle Day 2 Lift	20 Run 2 Miles Push-up/Ab Superset	21 Active Rest Day 3 Lift	22 Run 2 Miles Bike 6 Miles Swim 1200 Met Day 4 Lift	23 50 Yard Cones Push-up/Ab Superset
24 Rest	25 Run 2 Miles Day 1 Lift	26 40 Yd Shuttle Day 2 Lift	27 Run 2 Miles Push-up/Ab Superset	28 Active Rest Day 3 Lift	29 Run 2 Miles Bike 6 Miles Swim 1200 Met Day 4 Lift	30 50 Yard Cones Push-up/Ab Superset



Tuscarora HS Girls Soccer

*Summer 2007 Titan Summer
Training Program*

Tuscarora High School
5312 Ballenger Creek Pike
Frederick, MD 21703
www.titanssoccer.org

Coach: Mark Wolcott
Phone: 240-236-6547
E-Mail: mark.wolcott@fcps.org



July 2007

SUN MON TUE WED THU FRI SAT

1 Rest	2 2 Mile Test Day 1 Lift	3 40 Yd Shuttle Day 2 Lift	4 Run 2 Miles Push-up/Ab Superset	5 Active Rest Day 3 Lift	6 Run 2 Miles Bike 6 Miles Swim 1200 Met Day 4 Lift	7 50 Yard Cones Push-up/Ab Superset
8 Rest	9 Run 3 Miles Day 1 Lift	10 40 Yd Shuttle Day 2 Lift	11 Run 3 Miles Push-up/Ab Superset	12 Active Rest Day 3 Lift	13 Run 3 Miles Bike 9 Miles Swim 1600 Met Day 4 Lift	14 50 Yard Cones Push-up/Ab Superset
15 Rest	16 Run 3 Miles Day 1 Lift	17 Speed Program Day 2 Lift	18 Run 3 Miles Push-up/Ab Superset	19 Active Rest Day 3 Lift	20 Run 3 Miles Bike 9 Miles Swim 1600 Met Day 4 Lift	21 50 Yard Cones Push-up/Ab Superset
22 Rest	23 Man U Test Day 1 Lift	24 Run 4 Miles Day 2 Lift	25 Speed Program Push-up/Ab Superset	26 Active Rest Day 3 Lift	27 Run 4 Miles Bike 12 Miles Swim 2000 Met Day 4 Lift	28 120's Push-up/Ab Superset
29 Rest	30 Run 4 Miles Day 1 Lift	31 Speed Program Day 2 Lift				



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August 2007

SUN MON TUE WED THU FRI SAT

			1 Active Rest	2 Run 4 Miles	3 Run 4 Miles Bike 12 Miles Swim 2000 Met	4 120's
			Day 3 Lift	Push-up/Ab Superset	Day 4 Lift	Push-up/Ab Superset
5 Rest	6 2 Mile Test	7 Speed Program	8 Active Rest	9 Run 4 Miles	10 Run 4 Miles Bike 12 Miles Swim 2000 Met	11 120's
	Push-up/Ab Superset	Day 2 Lift	Day 3 Lift	Push-up/Ab Superset	Day 4 Lift	Push-up/Ab Superset
12	13 Speed Program	14 Rest	15 1st Day of Tryouts	16	17	18
			2 Mile Test			
19	20	21	22	23	24	25
26	27	28	29	30	31	



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2005 State Champions