

## NCA Boys Varsity Soccer Summer Running Schedule

		day one	day two	day three	day 4 optional
week one	date	†	†	†	†
run 15 mins	sign	†			
†					
week two	date	†	†	†	†
run 15 mins	sign	†			
†					
week three	date	†	†	†	†
run 20 mins	sign	†			
†					
week four	date	†	†	†	†
run 22 mins	sign	†			
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week five	date	†	†	†	†
run 24 mins	sign	†			
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week six	date	†	†	†	†
run 26 mins	sign	†			
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week seven	date	†	†	†	†
run 28 mins	sign	†			†
†					
week eight	date	†	†	†	†
run 30 mins	sign	†			

Every time you run fill in the date, at the end of the week sign it and have a parent sign it. Be Honest. If you miss a day that is ok, run an extra time the next week. Failure to complete this form or dishonesty will have consequences, including extra running at practice and loss of playing time.

If you are playing soccer this summer you can count *games* for your running. If you do this, put the name of your opponent in the blank instead of the date.

**IN ADDITION** to running you should stretch, juggle, get some touches on a ball, do push-ups and crunches on a regular basis. By doing this you will make the start of the season less painful, decrease your chance of injury, and contribute to the team's success.

Questions?? E-mail Coach Morgan: [brianpmorgan@cedarville.edu](mailto:brianpmorgan@cedarville.edu)