

Moorpark High School Boys Soccer

April Training Schedule: Circuit Training and Endurance

- **Check-In and 2 Laps**
- **Group Stretch 3-5 Minutes**

5 Station Circuit	1	2	3	4	5
Circuit Training (2:20 start)	10 Yard Sprint OR Box Sprints	Flea Hop OR Bear Crawls	L- Sprints 10-5-10 Yards OR 15 yards- Hurdels-15 yards	Lizard Climbs OR Burpees OR Push-Ups	Toes to Hands OR Crunches OR Planks
60 Seconds 5-10 Second Rest					

Endurance (Choice 1 of 5)	3 Laps- (70% Straights 85% J) After one lap- Visitors Bleachers
	4 Laps- 70% Straights, 85% "J"
	4 Laps- Jog
	Moorpark Mile
	10 Minute Jog

