

SUMMER TRAINING PLAN



INTERNATIONAL
ACADEMY
EL PASO

JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 ● Endurance Run 30 min ● Footskills on the Ball 30 min	2 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min	3 ● Plyometrics/Jump Rope 30 min ● Technical Skills 30 min	4 ● Endurance Run 30 min ● Footskills on the Ball 30 min	5 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min	6 ● Plyometrics/Jump Rope 30 min ● Technical Skills 30 min	7 REST
8 ● Endurance Run 30 min ● Footskills on the Ball 30 min	9 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min	10 ● Plyometrics/Jump Rope 30 min ● Technical Skills 30 min	11 ● Endurance Run 30 min ● Footskills on the Ball 30 min	12 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min	13 ● Plyometrics/Jump Rope 30 min ● Technical Skills 30 min	14 REST
15 ● Endurance Run 30 min ● Footskills on the Ball 30 min	16 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min	17 ● Plyometrics/Jump Rope 30 min ● Technical Skills 30 min	18 ● Endurance Run 30 min ● Footskills on the Ball 30 min	19 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min	20 ● Plyometrics/Jump Rope 30 min ● Technical Skills 30 min	21 REST
22 ● Endurance Run 30 min ● Footskills on the Ball 30 min	23 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min	24 ● Plyometrics/Jump Rope 30 min ● Technical Skills 30 min	25 ● Endurance Run 30 min ● Footskills on the Ball 30 min	26 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min	27 ● Plyometrics/Jump Rope 30 min ● Technical Skills 30 min	28 REST
29 ● Endurance Run 30 min ● Footskills on the Ball 30 min	30 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min					

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 ● Plyometrics/Jump Rope 30 min ● Technical Skills 30 min	2 ● Endurance Run 30 min ● Footskills on the Ball 30 min	3 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min	4 ● Plyometrics/Jump Rope 30 min ● Technical Skills 30 min	5 REST
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27 ● Endurance Run 30 min ● Footskills on the Ball 30 min	28 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min	29 ● Plyometrics/Jump Rope 30 min ● Technical Skills 30 min	30 ● Endurance Run 30 min ● Footskills on the Ball 30 min	31 ● Sprints 20 min ● Juggling 20 min ● Ab Workout 10 min		



1. ENDURANCE + FOOTSKILLS

Endurance Run 30 min
Footskills on the Ball 30 min



2. SPEED + JUGGLING + CORE

Sprints 20 min
Juggling 20 min
Ab Workout 10 min



3. PLYOMETRICS + TECHNICAL

Plyometrics/Jump Rope 30 min
Technical Skills 30 min



SUNDAY = REST / RECOVERY

Focus on recovery,
hydration and sleep.
Come back stronger.