

2024-2025 Lovett Soccer Workouts

virginia.kerns@lovet.org

Freshmen

Freshmen will lift with their PE class. Freshmen are not required to workout after school or outside of their PE class. If you are taking lifetime fitness, you will need to change your PE class so that you are in the strength and conditioning PE class.

Sophomores-Seniors

- 2 lifts a week
- 1 speed and agility
- 1 other workout of your choice
 - Club soccer practice
 - Orange theory
 - Yoga
 - Cycling
 - Etc.

I will begin tracking your workouts on Monday, September 9, 2022. Please workout at least once from September 4 - September 6.

Fall/ Winter Sport Athlete?

Follow the expectations of your in-season coach while in-season. While you are out of season, the above expectations should be met. If you are not lifting with your current sport, please contact me. If you feel you are overtraining, please contact Trina Hodgson for suggestions.

trina.hodgson@lovet.org
