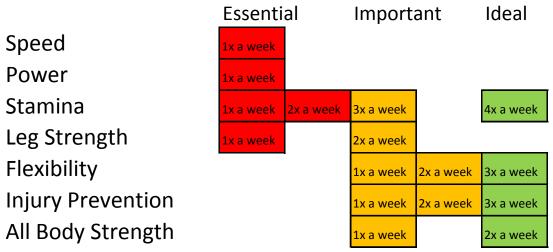
Become Fitter and Better - What's Stopping you ???

If I do the same things. I stay where I am. If I do better things. I get better.

Weekly training checklist - Optimize your training - How many times for each session.



Doing it with a training partner and with good music helps

You won't always be able to do all sessions,

but get your weekly sessions as close to this as you can.

You can do more than 1 of these sessions on a day otherwise you won't fit it all in.

EXAMPLE - MATCH ON TUESDAY

Day	Training
Mon	Rest Day
Tues	MATCH - If match lasts less than 60 minutes and not of v.high
	intensity, complete up to 60 minutes total time with
	Top up session
Wed	Speed Session 20 mins
	Strength Session 30 minutes
Thur	GAME or Coaching- If lasts less than 60 minutes and not of v.high
	intensity, complete up to 60 minutes total time with
	Top up session
	Flexibility/Prehab.
Fri	Power Session 20 minutes
	Strength Sesson 30 minutes
Sat	Ball work
	Flexibilty/Prehab 20 minutes
Sun	GAME - If game lasts less than 60 minutes and not of v.high
	intensity, complete up to 60 minutes total time with
	Top up session

If Match or game was v.high intensity, you may need to swap sessions or leave one out.

Do not regularly leave out speed and power sessions because they are tough.

These are important.

Ball work/Flexibility sessions can be a game or coaching with 20 minutes flexibility.

Always take 1 rest day per week. Have 2 light easy days before a competition. Always have good rest and nutrition. Especially before competitions.