

DAY 2

We get to run or cycle. Important is to stay in contact with the ball, but we can add some strengthening and of course stretching!

Interval&pace run

- Follow the same routine of 5 min warm-up run and 10 min warm-up like in the video day 1 (<https://www.youtube.com/watch?v=4iCDjnzi6W0>)
- Run 30 – 45 min
- While running do:
 - 1.) 4 times about 70% of you max for 8 seconds
 - 2.) 6 times 70%max for 6seconds
 - 3.) 4 times 70% max for 8 seconds
- Breaks between 1., 2., and 3. about 4-5min.
- This is just like in football – you have to be able to speed up/accelerate and maintain the speed, especially wingers and L&R backs.

Walk about 200m close to your home and stretch!

Interval&pace cycling

- Cycle for more than 45 min
- Set yourself timeframe (4x30sec with 20 sec break between each interval, do 3 sets and about 4-5min easy cycling between the sets)
- Keeps those reps over 70% max

Remember to stretch!

Ball training

You can do this near your home, in the park, or football field. Keep the ball in the air, juggle. Kick the ball high and control it. Be creative, use all parts of your body. Improve your weaknesses.

<https://www.youtube.com/watch?v=JesFH37oKY0>

Strengthening

We will be doing every other time either lower body or upper body – two differen focus groups of exercises starting from less demanding, easier and gradually increasing the load.

And some days we do a circuit training.

Upper body: Abs and core - <https://www.youtube.com/watch?v=dJlFmxiL11s> 2 rounds

Push ups - <https://www.youtube.com/watch?v=-0eYiltN2D8> min. of 100 pushups

Evening rolling (15 min) & stretching/flexibility (at least 15 min)

Rolling

- <https://www.youtube.com/watch?v=tliTGIE2ZdU>

Stretching/flexibility

- <https://www.youtube.com/watch?v=Ji9vKgfWK88>

Remember to eat and drink well. Supply your body with nutritions, vitamins, minerals, etc.

The best recovery is completed when you get a good quality sleep lasting about 7-8h.

