

## DAY 4

Focus on acceleration and speed. Go to the nearest football field or somewhere with a nice even surface.

### Running

5 min warm-up run with about 10min warm-up routine  
(<https://www.youtube.com/watch?v=4jCDjnzI6W0>) -

Keep running for at least 45 min and do:

- 1.) 4 times 20m about 70% of your max
- 2.) 6 times 15m with about 70%max
- 3.) 4 times 20m with about 70% max

light run between each acceleration 45sec and also resting light run between 1. 2. and 3. about 4-5min.

Very important are the first 3 – 6 steps with full force.

Walk about 200m close to your home and stretch!

### Cycling

Very light cycling for at least 60min.  
While cycling:

A) 6 times 60 seconds at least 70%of your max.

OR

B) 8 times 45 sec with 70% of your max.

Keep like 5 min break between each pace ride.

Challenge yourself with some uphill!

Remember to stretch!

### Strengthening

All is well explained in this great video, just go with the flow, easy exercises :D

<https://www.youtube.com/watch?v=FcN4zBmUoG8>

### Ball training

Here are some ideas:

<https://www.youtube.com/watch?v=Y8i6QDPQ0v0>

<https://www.youtube.com/watch?v=eYmDq9bVgTc>

### Evening rolling & stretching/flexibility

(each about 15 min)

Try to develop your own routine, find exercises you like and some exercises to challenge yourself. Check the first two training days information.

Rolling: <https://www.youtube.com/watch?v=Yk2OzLLtrpw>

Some flexibility&mobility: <https://www.youtube.com/watch?v=SNNKQlkoPqQ>

Extra attention to hamstrings and groins!

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.



