

DAY 5

Running

Focus on acceleration and maintaining the speed. The best if you go to the nearest football field or somewhere with a nice even surface.

5 – 10 min light warm-up run with about 10min warm-up routine

(<https://www.youtube.com/watch?v=4jCDjnzl6W0>) OR <https://www.youtube.com/watch?v=7cL5j4pOn80>

Run from one side to opposite side of the field (the width of the football field) - 75% of your max from the beginning to the middle and after that just let it roll, turn at the end and keep slowly running to the start point. Check our facebook video!

Repeat 6 – 8 times.

Short break and follow the **Ball training** below for max 30 min. (you have to be able to control the ball when your legs and mind are tired)

Return to running and repeat the plan. 75%max of your capacity 6 – 8 times [last two runs give all you got]

Warm-down 2 easy laps around the field and stretch!

If you stay on the football field, try to juggle, keep the ball in the air while your legs are still feeling heavy.

Strengthening

Today is a good time to do some Abs, core and +120 push ups.

This is quite good to try: <https://www.youtube.com/watch?v=9p7-YC91Q74>

Ball training

Try some of these exercises: https://www.youtube.com/watch?v=IA_wv-Y3eJE

Moreover, work on changing directions while controlling the ball – dribbling. Set yourself a square and lead the ball on the outside side, quickly change directions and leading leg. - 6 times for 10 sec.

Evening rolling & stretching/flexibility

Each 15 min

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

Extra attention to hamstrings and groins!

Hamstrings - <https://www.youtube.com/watch?v=HhEqFa9IT80>

Groins - <https://www.youtube.com/watch?v=YANA2VJeJRY>

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

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

