

DAY 8

Sprints

Warm-up run 5min

Warm-up – dynamic stretching 10min

Short distance sprints 70%of your max. Remeber to push hard your first 3 – 5 steps when accelerating!

1. 4x40m – 10m sprint – 20m let it roll – 10m sprint
2. 4x20m – first 10m backwards, turn at 10m mark and accelerate forward
3. 4x10m – sprint forward

1 cool down lap around the field.

Stretch especially your calf and thigh muscles!

Ball Training

45 - 60min

Move the ball around. Improve dribbling with your non-dominant leg. Set yourself a track and go for it!

<https://www.youtube.com/watch?v=wIQaz2GMkTs>

Strengthening

Good to focus your work-out on Core,Abs - <https://www.youtube.com/watch?v=3p8EBPVZ2lw>

If you have some energy left 120 Push-ups is a great idea!

Foam Rolling OR Stretching/flexibility

15 min

Rolling focus on legs - <https://www.youtube.com/watch?v=t4A523-O5uk>

Stretch your whole body - <https://www.youtube.com/watch?v=E2SOrScNbww>

Get a rich and large dinner. Sleep well!