

DAY 11

Sprints

Warm-up run 5 min
Dynamic stretching 10 min

About 90% of your max:

- 4 x 10m
- 2 x 20m
- 2 x 30m

Take a break about 2min between each set – get the ball moving around!

Warm-down run 2 laps and stretch!

Strengthening

Upper body – Abs and core - <https://www.youtube.com/watch?v=E6lrIPnzsKE>

Do each exercise for 20 seconds and 2 rounds in total.

Bonus 120 push-ups.

Ball Training

Up to 60min

Dribbling - <https://www.youtube.com/watch?v=ssHuT3lOwHg>

Finishing - <https://www.youtube.com/watch?v=eOnAvWc0au4>

Rolling + Stretching

15 min Rolling

AND

15 min Stretching <https://www.youtube.com/watch?v=tXWh-dowIlg>

Refresh yourself, Eat well and get a good sleep!