

## DAY 33

### Pace run

Warm-up run and dynamic stretching, altogether 15 min.

While running the pace run for at least 15 min accelerate for 20m, keep running until you are ready for another sprint.

10 times x 20m sprint

Continue to ball training and finish exercises with 1 warm-down lap and stretching.

### Strengthening

Upper body

Elementary exercises <https://www.youtube.com/watch?v=v-KZ3R1f2Ps>

Extra 140 push ups of your choice!

### Ball training

45min

Shooting technique

Finishing – get the ball up in the air and control it landing – quickly shoot

<https://www.youtube.com/watch?v=aJwWT54fvmQ>

### Rolling& Mobility/Flexibility

30min

Very inspiring video improving your mobility

Palloilijan liikkuvuustreeni - <https://www.youtube.com/watch?v=XCKrx7RMMOY>