

Individual Training Plan - Table Summary

Choose one exercise	Choose two exercises
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Strengthening should last about 30 minutes. Upper body – Abs, core, push-ups.

Ball Training is recommended to do every training day at least 45 min.

Foam Rolling, Stretching, Mobility and Flexibility last in general about 15 min.

DAY 1	Running 30-45min Cycling 45+min	Ball Training	Rolling Stretching Mobility/Flexibility
DAY 2	Running 45+ Cycling 60+ Strengthening Upper body	Ball mastery Juggling	Rolling Stretching Mobility/Flexibility
DAY 3	Rest day/Lepo		
DAY 4	Running 45+ Cycling 60+ Strengthening Legs	Ball mastery Finishing	Rolling Stretching Mobility/Flexibility
DAY 5	Sprints half the field width 6-8 times X 2 sets Strengthening Upper body	Dribbling	Rolling Stretching Mobility/Flexibility
DAY 6	Rest day/Lepo		
DAY 7	Running 45 – 60 Cycling 60 – 75 Strengthening Legs - groins	Finishing Juggling	Rolling Stretching
DAY 8	Running A) 4 x 10-20roll-10m B) 4 x 10-10m C) 4x10m Strengthening Upper body	Dribbling	Rolling Mobility/Flexibility
DAY 9	Rest day/Lepo		
DAY 10	Cycling 60+ 6 x 30sec pace ride Strengthening Legs	Ball mastery	Stretching Mobility/Flexibility
DAY 11	Sprints 4 x 10m 2x 20m 2x 30m Strengthening Upper body	Dribbling Finishing	Rolling Stretching
DAY 12	Quick feet drills Circuit training 2 rounds	Long passes	Rolling Mobility/Flexibility
DAY 13	Rest day/Lepo		
DAY 14	Running 6 x 20-100roll-20 4 x 10m Strengthening Legs	Ball mastery Finishing	Stretching Mobility/Flexibility
DAY 15	Cycling 75+ 6 x 30m uphill Strengthening Upper body	Dribbling	Rolling Stretching

DAY 16	Agility, Acceleration • Short distance, changing directions	Ball Training First touch	Rolling Mobility/Flexibility
DAY 17	Rest day/Lepo		
DAY 18	Plyometrics Explosiveness	Ball control	Rolling Mobility/Flexibility
DAY 19	Light Run 60+ Strengthening Upper body	Finishing Shooting	Stretching Mobility/Flexibility
DAY 20	Sprints 6 x 10m 4 x 20m 2 x 30m Circuit training 2 rounds	Ball mastery	Rolling Stretching
DAY 21	Rest day/Lepo		
DAY 22	Running 4 x 10m 4 x 10-20-10 2 x 20m Strengthening Legs	Ball control Finishing	Rolling Mobility/Flexibility
DAY 23	Quick feet drills Strengthening Upper body	Long passes	Stretching Mobility/Flexibility
DAY 24	Running 6 x 50m Strengthening Legs	First touch Dribbling	Rolling Stretching
DAY 25	Rest day/Lepo		
DAY 26	Light Run OR Cycling 60 min 75 min Strengthening Upper body	Finishing Heading	Rolling Stretching
DAY 27	Agility, Acceleration • Short distance, changing directions	Dribbling	Stretching Mobility/Flexibility
DAY 28	Running 4 x 20m 4 x 40m Strengthening Legs	Ball control	Rolling Mobility/Flexibility
DAY 29	Rest day/Lepo		
DAY 30	Running Sprints 10-20roll-10 4 x 20 4 x 10m Circuit training 2 rounds	Dribbling Finishing	Stretching Mobility/Flexibility
DAY 31	Sprints 4x10 4x20 Quick shuffle runs 5m Explosiveness, Plyometrics	Ball control	Rolling Stretching
DAY 32	Lepopäivä		
DAY 33	Pace run 10 x 20m sprints Strengthening Upper body	Shooting technique Finishing	Rolling Mobility/Flexibility

DAY 34	Cycling High intensity 60min Running stairs Explosiveness	Dribbling	Stretching Mobility/Flexibility
DAY 35	Lepopäivä		
DAY 36	Agility/Sprints -All directions10m Strengthening Upper body	Ball control	Rolling Stretching
DAY 37	Running 60+ Strengthening Circuit	Finishing	Rolling Mobility/Flexibility
DAY 38	Lepopäivä		
DAY 39	Quick feet&Reactions Strengthening Legs	Dribbling	Stretching Mobility/Flexibility
DAY 40	Sprints 8 x 20 Shuffle runs 4 x 10 each side Strengthening Upper body	Ball control Juggle High kicks	Rolling Stretching
DAY 41	Pace run 15-20min 10x30m accelerate Strengthening Legs	Finishing	Rolling Mobility/Flexibility
DAY 42	Lepopäivä		
DAY 43	Explosiveness, Plyometrics Strengthening Upper body	Dribbling	Stretching Mobility/Flexibility
DAY 44	Sprints 6x10m 4directions (each 6 times) Strengthening Legs	Ball control Juggle	Rolling Stretching
DAY 45	Running 60min or Cycling 75 Strengthening back,upper body	Finishing	Rolling Mobility/Flexibility
DAY 46	Lepopäivä		
DAY 47	20m – 30m Uphill sprints Strengthening Upper body	Ball control Passing	Stretching Mobility/Flexibility
DAY 48	Agility, Acceleration • Short distance, changing directions Circuit training	Finishing	Rolling Stretching
DAY 49	Shuffles and reverse runs Strengthening Legs	Dribblings	Rolling Mobility/Flexibility
DAY 50	Lepopäivä		