

Week 1-2: Building a Foundation

Monday: Endurance Training

- Warm-up: 10-minute light jog
- Main session:
 - 3 x 800m runs at a moderate pace (2-minute rest between each)
 - 4 x 400m runs at a faster pace (1-minute rest between each)
- Cool-down: 10-minute walk and stretching

Tuesday: Strength Training

- Warm-up: 10-minute dynamic stretches
- Circuit (3 rounds, 1-minute rest between rounds):
 - 15 bodyweight squats
 - 10 push-ups
 - 20 walking lunges (10 each leg)
 - 15 sit-ups
 - 30-second plank
- Cool-down: 5-minute light jog and stretching

Wednesday: Rest Day

Thursday: Agility and Ball Control

- Warm-up: 10-minute light jog with ball
- Drills:
 - Ladder drills (3 sets): high knees, lateral in-out, single-leg hops
 - Cone dribbling (3 sets): dribble through cones, varying speed
 - Passing and receiving (10 minutes): with a partner or wall
- Cool-down: 10-minute walk and stretching

Friday: Speed Training

- Warm-up: 10-minute light jog
- Drills:
 - 6 x 20m sprints (1-minute rest between each)
 - 4 x 40m sprints (1.5-minute rest between each)
 - 2 x 60m sprints (2-minute rest between each)
- Cool-down: 10-minute walk and stretching

Saturday: Technical Skills

- Warm-up: 10-minute light jog with ball
- Drills:
 - Shooting practice (20 minutes): various angles and distances
 - Crossing and finishing (20 minutes): with a partner
 - Small-sided game (20 minutes): 3v3 or 4v4
- Cool-down: 10-minute walk and stretching

Sunday: Rest Day

Week 3-4: Increasing Intensity

Monday: Endurance Training

- Warm-up: 10-minute light jog
- Main session:
 - 4 x 800m runs at a moderate pace (1.5-minute rest between each)
 - 6 x 400m runs at a faster pace (1-minute rest between each)
- Cool-down: 10-minute walk and stretching

Tuesday: Strength Training

- Warm-up: 10-minute dynamic stretches
- Circuit (4 rounds, 1-minute rest between rounds):
 - 20 bodyweight squats
 - 15 push-ups
 - 25 walking lunges (12 each leg)
 - 20 sit-ups
 - 45-second plank
- Cool-down: 5-minute light jog and stretching

Wednesday: Rest Day

Thursday: Agility and Ball Control

- Warm-up: 10-minute light jog with ball
- Drills:
 - Ladder drills (4 sets): high knees, lateral in-out, single-leg hops
 - Cone dribbling (4 sets): dribble through cones, varying speed
 - Passing and receiving (15 minutes): with a partner or wall
- Cool-down: 10-minute walk and stretching

Friday: Speed Training

- Warm-up: 10-minute light jog
- Drills:
 - 8 x 20m sprints (1-minute rest between each)
 - 6 x 40m sprints (1.5-minute rest between each)
 - 4 x 60m sprints (2-minute rest between each)
- Cool-down: 10-minute walk and stretching

Saturday: Technical Skills

- Warm-up: 10-minute light jog with ball
- Drills:
 - Shooting practice (25 minutes): various angles and distances
 - Crossing and finishing (25 minutes): with a partner

- Small-sided game (25 minutes): 3v3 or 4v4
- Cool-down: 10-minute walk and stretching

Sunday: Rest Day

Week 5-6: Peak Performance

Monday: Endurance Training

- Warm-up: 10-minute light jog
- Main session:
 - 5 x 800m runs at a moderate pace (1-minute rest between each)
 - 8 x 400m runs at a faster pace (45-second rest between each)
- Cool-down: 10-minute walk and stretching

Tuesday: Strength Training

- Warm-up: 10-minute dynamic stretches
- Circuit (4 rounds, 1-minute rest between rounds):
 - 25 bodyweight squats
 - 20 push-ups
 - 30 walking lunges (15 each leg)
 - 25 sit-ups
 - 1-minute plank
- Cool-down: 5-minute light jog and stretching

Wednesday: Rest Day

Thursday: Agility and Ball Control

- Warm-up: 10-minute light jog with ball
- Drills:
 - Ladder drills (5 sets): high knees, lateral in-out, single-leg hops
 - Cone dribbling (5 sets): dribble through cones, varying speed
 - Passing and receiving (20 minutes): with a partner or wall
- Cool-down: 10-minute walk and stretching

Friday: Speed Training

- Warm-up: 10-minute light jog
- Drills:
 - 10 x 20m sprints (1-minute rest between each)
 - 8 x 40m sprints (1.5-minute rest between each)
 - 6 x 60m sprints (2-minute rest between each)
- Cool-down: 10-minute walk and stretching

Saturday: Technical Skills

- Warm-up: 10-minute light jog with ball

- Drills:
 - Shooting practice (30 minutes): various angles and distances
 - Crossing and finishing (30 minutes): with a partner
 - Small-sided game (30 minutes): 3v3 or 4v4
- Cool-down: 10-minute walk and stretching

Sunday: Rest Day