

Example Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lectures	Lectures	GAME DAY	9:00 - 9:30 Active recovery	Lectures	GAME DAY	Rest Day
Lectures	Lectures	GAME DAY	Lectures	Lectures	GAME DAY	Rest Day
LUNCH						
12:00 - 13:00 Pitched-based conditioning 13:00 - 14:00 Technical/tactical training	13:00 - 14:00 Technical/tactical training	GAME DAY	Lectures	13:00 - 14:00 Pitched-based conditioning 14:00 - 15:00 Technical/tactical training	GAME DAY	Rest Day
16:00 - 17:00 Gym-based S&C		GAME DAY		16:00 - 17:00 Gym-based S&C	GAME DAY	Rest Day
DINNER						

