

WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 - 09:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10:00 - 12:00	TRAINING	TRAINING	PRE-MATCH PREPARATION	POST-MATCH TRAINING	TRAINING	OPTIONAL EXCURSION DAY	RECOVERY
13:00 - 14:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
14:15 - 18:15	EDUCATION	EDUCATION	EDUCATION	EDUCATION	EDUCATION	OPTIONAL EXCURSION DAY	RECOVERY
18:30 - 20:30	GYM / S&C	ACTIVITY	SHOWCASE GAME	ACTIVITY	GYM / S&C	OPTIONAL EXCURSION DAY	RECOVERY
20:45 - 21:45	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER

PRE-MATCH PREP

Light Training Sessions
Tactical Walkthrough
Physiotherapy & Medical
Tactical Set-Piece Practice

Nutritional Briefing
Mental Preparation
Team Meeting
Video Analysis

POST-MATCH

Stretching Sessions
Team Debrief
Individual Feedback
Physiotherapy & Medical

Video Analysis
Technical Drills
Hydrotherapy
Recovery Runs

ACTIVITY

Beach Walk
Beach Workout
Padel Tennis
Team Walk

Table-Tennis
Pool Recovery
Beach Football
Pool Workout

EXCURSIONS

Excursion days are optional and include stadium tours, events, activities, or professional matches,

Each session may include various options from the provided list. Please note that these options are subject to change without prior notice.