

**Table 1.** Weekly training program during the competition period

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Team A</b>							
Morning			moderate volume high intensity strength circuit training + moderate intensity specific soccer strength training	specific soccer strength training + low intensity technical tactical training		speed training + moderate intensity game in the half field (10') + freekicks, corner kicks	reaction speed training 20'-25'
Afternoon	starters recovery training non-starters friendly game vs U20 or SSG training	Day off	speed, agility coordination training + SSG	moderate intensity technical tactical conditioning (BSG)	low to moderate intensity technical tactical training (BSG)		Game
<b>Team B</b>							
Morning	-	-	high intensity strength training + low to moderate intensity technical training				
Afternoon	starters recovery training non-starters friendly game vs U20 or SSG training	Day off	speed, agility coordination training + SSG	soccer specific strength training + moderate intensity technical tactical conditioning (BSG)	low to moderate intensity technical tactical training (BSG)	speed training + moderate intensity game in the half field (10') + freekicks, corner kicks	Game
<b>Team C</b>							
Morning	-	-	-	-	-	-	-
Afternoon	starters recovery training non-starters friendly game or SSG training	Day off	speed, agility coordination training + SSG	moderate intensity technical tactical conditioning (BSG)+ soccer specific strength training or general strength training (every second week)	low to moderate intensity technical tactical training (BSG)	speed training + moderate intensity game in the half field (10') + freekicks, corner kicks	Game

U20: under 20 years old Team, SSG: small sided games, BSG: big sided games.