

Activity Phase Timetable

NOTE: All participants should attempt to complete all 3 sessions as outlined in 'option 1'. Should physical ability and energy levels allow 'option 2' may be selected. Days where no session is scheduled can be used as a rest day, however practice of technical skills is encouraged.

This is a proposed timetable but individuals must ensure they make it suit their schedule. The main elements of your schedule must ensure you allow time for adaptation between training units.

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Option 1	Athletic Development Session 1		Running & Skills Session OR Cardio Circuit		Athletic Development Session 2		
Option 2	Athletic Development Session 1	Running & Skills Session		Athletic Development Session 2	Cardio Circuit Session		