

Weekly plan week No. 2

Day 1:

Running between 20 and 40 mins.

Day 2:

Running between 20 and 40 mins.

Day 3:

Running between 30 and 40 mins.

Observations about the running:

1- Run between 40 and 60 % of your maximum speed.

2- Avoid fatigue, if you feel tired or don't have enough oxygen walk for a minute or more until you are ready to run again.

3- When you are running, try to keep the same speed all the time.

4- You don't have to run fast, it's not a competition.

5- Run minimum 20 mins, Maximum 40 mins the first two days, the third day, minimum 30 mins, maximum 40 mins.

6- Write down what was the distance you ran everyday during the three days, put it in the dairy and send it saturday afternoon/evening via Whatsapp.

PD:

All the time you are with the ball it's gonna be a huge impact in your development, be creative and practice or develop movements or abilities you want to master and do in game situations.