

# TRAINING CAMP PROGRAM

L M M J

10:00 PLAYERS ARRIVE  
10:30 START OF TRAINING CAMP  
12:30 LUNCH BREAK  
14:30 TRAINING CAMP RESUMES  
17:00 END

MATIN

MUSCLE STRENGTHENING WORKOUT  
WITH AND WITHOUT LOAD  
PLYOMETRIC TRAINING

APRES-MIDI

TECHNICAL REINFORCEMENT  
TACTICAL WORK

CONSEILS

COME MOTIVATED  
SLEEP AND EAT WELL