



Azam Youth Fitness Mesocycle U20 , U17 ,U15

06-12April	Monday 06/04	MONDAY PM	Tuesday 07/04	TUESDAY PM	Wednesday 08/04	WEDNESDAY PM	Thursday 09/04	THURSDAY PM	Friday 10/04	FRIDAY PM	Saturday 11/04	Sunday 12/04
	Special Endurance 1		Reactive Speed		Special Endurance 2		Power		SAQ'S		U15	
Training	U17	U20	U17	U20/U17	U20 & U17	U15	U20 & U17	U20	U20 & U17	U20/U17/U15	U15	U15
Topic	Circuit Training	Circuit Training	TA/ Reactive Speed	TA/ Reactive Speed	HID U20 & TM U17	Reactive Speed	Power Circuit	Power Circuit	SAQ'S		TM U20 & U17	REST
Gym	UB U17	UB U20	LB U20	LB U17		Strength Session U15	Power Session	Power Session		Strength Session U15		
13-19 April	Monday 13/04	MONDAY PM	Tuesday 14/04	TUESDAY PM	Wednesday 15/04	WEDNESDAY PM	Thursday 16/04	THURSDAY PM	Friday 17/04	FRIDAY PM	Saturday 18/04	Sunday 19/04
	Special Endurance 1		Reactive Speed		Special Endurance 2		Power		SAQ'S		U15	
Training	U20 & U17		U20 & U17	U15	U20 & U17	U15	U20 & U17	U15	U20 & U17	U15	U15	Matchday
Topic	CT/AE/TA		TA/ Reactive Speed	Circuit Training	HID U20 & TM U17		PC U17	TM U20/ TA U15			TM U20 & U17	REST
Gym	UB U17	UB 20	LB U17	LB U20		Strength Session	PS U17			Strength Session		
20-26 April	Monday 20/04	MONDAY PM	Tuesday 21/04	TUESDAY PM	Wednesday 22/04	WEDNESDAY PM	Thursday 23/04	THURSDAY PM	Friday 24/04	FRIDAY PM	Saturday 25/04	Sunday 26/04
	Special Endurance 1		Reactive Speed		Special Endurance 2		Power		SAQ'S		U15	
Training	U20 & U17		U20 & U17	U15	U20 & U17	U15	U20 & U17	U15	U20 & U17	U15	U15	Matchday
Topic	AE/TA		TA/ Reactive Speed	Circuit Training			TM U20/ TA U15				TM U20 & U17	REST
Gym	UB U17	UB U20	LB U17	LB U20		Strength Session				Strength Session		
20-26 April	Monday 27/04	MONDAY PM	Tuesday 28/04	TUESDAY PM	Wednesday 29/04	WEDNESDAY PM	Thursday 30/04	THURSDAY PM	Friday 01/05	FRIDAY PM	Saturday 02/05	Sunday 03/05
	Special Endurance 1		Reactive Speed		Special Endurance 2		Power		SAQ'S		U15	
Training	U20 & U17		U20 & U17	U15	U20 & U17	U15	U20 & U17	U15	U20 & U17		U15	Matchday
Topic	AE/TA		TA/ Reactive Speed	Circuit Training	TM U20 & HID U17		PC U17 & TM U20	TM U20/ TA U15	SAQ'S U17		TM U20 & U17	REST
Gym	UB U17	UB U20	LB U17	LB U20		Strength Session						

		Pre- Training Routine		Wellness Form		Prehab : Activation		Warm Up according to the day's objective	
		Training Routine		Loading Management		Time Keeping		Hydration	
		Post - Training		Recovery Methods		RPE players feedback			