

Week 17	MON 01/12	TUE 02/12	WED 03/12	THUR 04/12	FRI 05/12	SATUR 06/12	SUN 07/12
TRAINING			Recovery	REST	REST	Football	Football
GYM							
MEETING							
TOPIC							
	AITS (Azam Complex)	AITS (Azam Complex)					
Week 18	MON 08/12	TUE 09/12	WED 10/12	THUR 11/12	FRI 12/12	SATUR 13/12	SUN 14/12
TRAINING	Football	Football	Football		REST	Football	Football
GYM	Upper body	Lower body		Power			
MEETING	XX					XX	XX
TOPIC	Build Up	Build Up	Role of No. 6 & 8	Training Match			
Week 19	MON 15/12	TUE 16/12	WED 17/12	THUR 18/12	FRI 19/12	SATUR 20/12	SUN 21/12
TRAINING	Football	Football		REST	Football	Football	Football
GYM							
MEETING		XX				XX	
TOPIC							
			16:00 NBC YL (Azam Complex)				
Week 20	MON 22/12	TUE 23/12	WED 24/12	THUR 25/12	FRI 26/12	SATUR 27/12	SUN 28/12
TRAINING	Football		REST	Recovery	Football	Football	Football
GYM							
MEETING	XX				XX		
TOPIC							
		16:00 NBC YL (Azam Complex)					