

| Week 21  | MON 26/01     | TUE 27/01            | WED 28/01                                                                            | THUR 29/01           | FRI 30/01                                                                            | SATUR 31/01       | SUN 01/02            |
|----------|---------------|----------------------|--------------------------------------------------------------------------------------|----------------------|--------------------------------------------------------------------------------------|-------------------|----------------------|
| TRAINING | Football      | Football             |                                                                                      | Football             | Football                                                                             | Training Match    | REST                 |
| GYM      | Upper Body    | Lower Body           |                                                                                      | Power                |                                                                                      |                   |                      |
| MEETING  |               |                      |                                                                                      |                      | Video Session                                                                        | Technical Meeting |                      |
| TOPIC    |               |                      | Training Match                                                                       |                      |                                                                                      |                   |                      |
| Week 22  | MON 05/01     | TUE 02/02            | WED 03/02                                                                            | THUR 04/02           | FRI 05/02                                                                            | SATUR 06/02       | SUN 07/02            |
| TRAINING | Football      | Football             | Football                                                                             | Football             | Football                                                                             | Training Match    | REST                 |
| GYM      | Upper Body    | Lower Body           |                                                                                      | Upper body           |                                                                                      |                   |                      |
| MEETING  |               |                      |                                                                                      |                      | Video Session                                                                        | Technical Meeting |                      |
| TOPIC    |               |                      |                                                                                      |                      |                                                                                      |                   |                      |
| Week 23  | MON 12/01     | TUE 08/02            | WED 09/02                                                                            | THUR 10/02           | FRI 11/02                                                                            | SATUR 12/02       | SUN 13/02            |
| TRAINING | Football      | Football             | Football                                                                             | Football             |  | REST              | Training Match       |
| GYM      | Upper Body    | Lower Body           |                                                                                      |                      |                                                                                      |                   |                      |
| MEETING  |               |                      | Video Session                                                                        |                      |                                                                                      |                   | Technical Meeting    |
| TOPIC    |               |                      |                                                                                      | Pre Match Activation |                                                                                      |                   |                      |
| Week 24  | MON 14/02     | TUE 15/02            | WED 16/02                                                                            | THUR 17/02           | FRI 18/02                                                                            | SATUR 19/02       | SUN 20/02            |
| TRAINING | Football      | Football             |  | Football             | Football                                                                             | Training Match    | Football             |
| GYM      |               |                      |                                                                                      | Power                |                                                                                      |                   |                      |
| MEETING  | Video Session |                      |                                                                                      |                      | Video Session                                                                        | Technical Meeting |                      |
| TOPIC    |               | Pre Match Activation | 19:00 NBC YL (Azam Complex)                                                          |                      |                                                                                      | Training Match    | Pre Match Activation |