Week 21	MON 29/12	TUE 30/12	WED 31/12	THUR 01/01	FRI 02/01	SATUR 03/01	SUN 04/01
TRAINING	Football		**REST**	**HOLIDAY**	Football	Football	Football
GYM					Lower body/Power		
MEETING						**Technical Meeting**	**Video Session**
TOPIC		19:00 NBC (Azam Complex)			High Pressing		
Week 22	**MON 05/01**	**TUE 06/01**	**WED 07/01**	**THUR 08/01**	**FRI 09/01**	**SATUR 10/01**	**SUN 11/01**
TRAINING	Football		**REST**	Football	Football	Football	Football
GYM				Upper body	Lower body/Power		
MEETING	XX					XX	**XX**
TOPIC	Pre Match Activation	19:00 NBC (Azam Complex)					
Week 23	**MON 12/01**	**TUE 13/01**	**WED 14/01**	**THUR 15/01**	**FRI 16/01**	**SATUR 17/01**	**SUN 18/01**
TRAINING	Football		**REST**	**OFF**	**OFF**	**OFF**	**OFF**
GYM							
MEETING	XX						
TOPIC	Pre Match Activation	19:00 NBC (Azam Complex)					
Week 24	**MON 19/01**	**TUE 20/01**	**WED 21/01**	**THUR 22/01**	**FRI 23/01**	**SATUR 24/01**	**SUN 25/01**
TRAINING	**OFF**		Football	Football	Football		**REST**
GYM		Upper body	Upper body	Lower body			
MEETING		20:00 Meeting with Players			Video Session		
TOPIC		2nd Round Planning				Training Match	