



AZAM F.C Football Club: U-15 mesocycle Training Schedule: January 2026

WEEK 1 (6-12)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		08:00am-10:00am	04:00- 06:00 pm	04:00-06:00 pm	04:00-06:00 PM	07:00-09:00 AM	07:00-09:00 AM
Training		Basic endurance	Basic endurance	Skill development	High press	Recovery Defending	Internal match - own game
Topic							
Gym							
WEEK 2 (13-19)	MONDAY AM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		08:00am-10:00am	04:00-06:00 pm	04:00-06:00 pm	04:00-06:00 PM	07:00 -06:00 AM	07:00-09:00 AM
Training		High intensity	transition	Attacking vertically	Attacking the half space	Match Preparation- team shape & compact ness	MATCH DAY
Topic							
Gym							
WEEK 3 (20-26)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		08:00am-10:00am	04:00-06:00 PM	04:00-06:00 PM	04:00 -06:00 PM	07:00-09:00 AM	07:00-09:00 Am
Training		possessing and attacking vertically	Midfield Rotations	playing in tight spaces	Cross and finishing	Set pieces	MATCH DAY
Topic							
Gym							
WEEK 4 (27- 31)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		008:00-10:00am	04:00-06:00 PM	04:00-06:00 PM	04:00-06:00 PM	07:00-09:00 AM	07:00-09:00 AM
Training		transition	third man run	striker movement & avoiding offside traps	match preparation: High press & compacts	MATCH DAY	REST
Topic							
Gym							
		Pre- Training Routine		Wellness Form		PREHAB: Activation	
		Training Routine		Loading Management		Time Keeping	
		Post - Training		Recovery Methods		RPE players feedback	