



Azam Youth Mesocycle U20 , U17, U15

05-11 Jan	MONDAY AM	MONDAY PM	TUESDAY AM	TUESDAY PM	WEDNESDAY AM	WEDNESDAY PM	THURSDAY AM	THURSDAY PM	FRIDAY AM	FRIDAY PM	SATURDAY	SUNDAY	
	Special Endurance 1		Reactive Speed		Special Endurance 2		Power		SAQ'S				
	Training	U17		U15 & U17	U20	U17	U15	U17	U15/U20	U20	U15	U15/U20	
	Topic	Circuit Activation		TA/ Reaction Speed	Matchday	Vo2Max	HID	Power Circuit	Reactive & Coordination	Technical Activation	Technical Activation	SAQ'S U15/ Vo2max -U20	MD U15/ TA U20
Gym		UP U17		LB U17		UP U15	PS U17	UB-U20				PS U20	
12-18 Jan	MONDAY AM	MONDAY PM	TUESDAY AM	TUESDAY PM	WEDNESDAY AM	WEDNESDAY PM	THURSDAY AM	THURSDAY PM	FRIDAY AM	FRIDAY PM	SATURDAY	SUNDAY	
	Special Endurance 1		Reactive Speed		Special Endurance 2		Power		SAQ'S				
	Training	U20		U15	U20		U15	U17	U15		U15	U15 & U17	U15
	Topic	SAQ'S		TA/ Reaction Speed	Matchday			Power Circuit	Coordination			SAQ'S / MD U17	Matchday
Gym						UP 15	PS U17			LB 15			
19-25 Jan	MONDAY AM	MONDAY PM	TUESDAY AM	TUESDAY PM	WEDNESDAY AM	WEDNESDAY PM	THURSDAY AM	THURSDAY PM	FRIDAY AM	FRIDAY PM	SATURDAY	SUNDAY	
	Special Endurance 1		Reactive Speed		Special Endurance 2		Power		SAQ'S				
	Training	U17		U15 & U17		U17 & 20	U15	U17	U15	U17 & U20	U20	U15 & 17 & 20	U15
	Topic	Circuit Activation		TA/ Reaction Speed		HID & TA	Reactive Activation	Power Circuit	CA U20	TA U15 & U20 & SAQ'S U17	Technical Activation	SAQ'S U15/ MD U17/ MD U20	MD U15
Gym		UP U17		LB U17		UB U20	UB U20 & UP U15	PS U17	LB U20		LB U15		
26-31 Jan	MONDAY AM	MONDAY PM	TUESDAY AM	TUESDAY PM	WEDNESDAY AM	WEDNESDAY PM	THURSDAY AM	THURSDAY PM	FRIDAY AM	FRIDAY PM	SATURDAY	SUNDAY	
	Special Endurance 1		Reactive Speed		Special Endurance 2		Power		SAQ'S				
	Training	U17 & U20		U15 & U17 & U20		U17 & U20	U15	U17 & U20	U15	U17 & U20	U15	U15	REST DAY
	Topic	Circuit Activation		TA/ Reaction Speed		HID	Reactive Activation	Power Circuit		SAQ'S	SAQ'S	MD U15 & U17 & U20	
Gym	UB U17	UP U20		LB U17		LB U20	UP 15	PS U17	PS U20 & PS U15				
<div><div></div><div>Pre- Training Routine</div><div>Wellness Form</div><div></div><div>Prehab : Activation</div><div></div><div>Warm Up according to the day's objective</div></div>													
<div><div></div><div>Training Routine</div><div>Loading Management</div><div></div><div>Time Keeping</div><div></div><div>Hydration</div></div>													
<div><div></div><div>Post - Training</div><div>Recovery Methods</div><div></div><div>RPE players feedback</div><div></div><div></div></div>													