### **Athletes Training Schedule**

| **Day** | **Time** | **Training Focus** | **Drills/Workouts** | **Duration** | **Notes** |
| --- | --- | --- | --- | --- | --- |
| Monday | 6:00 AM - 8:00 AM | Endurance Training | Long-distance running, cycling | 2 hours | Maintain steady pace |
| Tuesday | 6:00 AM - 8:00 AM | Strength Training | Weightlifting, Plyometrics | 2 hours | Target sport-specific muscles |
| Wednesday | 6:00 AM - 8:00 AM | Skill Development | Drills (e.g., shooting, passing) | 2 hours | Focus on accuracy and speed |
| Thursday | 6:00 AM - 8:00 AM | Flexibility and Recovery | Yoga, Foam Rolling | 1 hour | Prevent injuries |
| Friday | 6:00 AM - 8:00 AM | High-Intensity Training | Sprints, Circuit Workouts | 1.5 hours | Short rest intervals |
| Saturday | 8:00 AM - 10:00 AM | Team Training/Game Prep | Strategy sessions, scrimmage | 2 hours | Simulate match conditions |
| Sunday | - | Rest or Light Activity | Swimming, Hiking | - | Active recovery |