

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