



KONDITIONI TRENING


MIHAJLO KOSTIĆ · NIŠ · SRBIJA


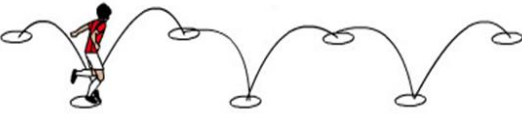


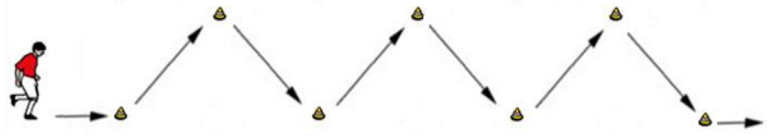



Football Strength & Conditioning Program

www.kondicionitrening.com

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Period / Date		Activity	
Code	SAQ-1 (Agility/Plyometric circuit 1)		
Physical ability	Develop explosive speed and quickness		
Duration	20-25 m	Place	Fotball field

EXERCISES		duration	rest	set
1.	1. 	20-25 min	2-3 min	3-4
	2. 			
	3. 			
	4. 			
	5. 			
	6. 			
	After every station run regeneration about 15 m.			