



KONDITIONI TRENING


MIHAJLO KOSTIĆ · NIŠ · SRBIJA

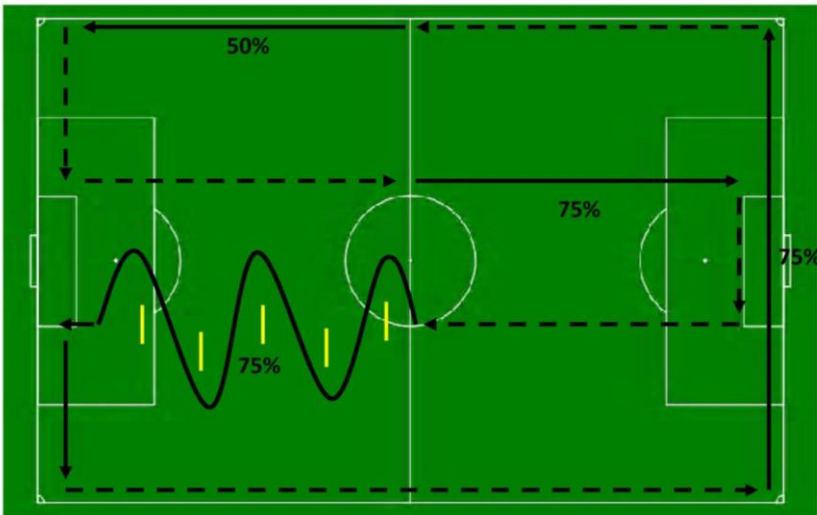


**Football Strength &
Conditioning Program**

www.kondicionitrening.com

www.facebook.com/kondicionitreningnis

Period / Date		Activity	
Code	E INT-7		
Physical ability	Develop aerobic endurance		
Duration	20-30 min	Place	Football field

EXERCISES		duration	rest	set
1.		8-10 min	2-3 min	2-3