



**KONDITIONI TRENING**


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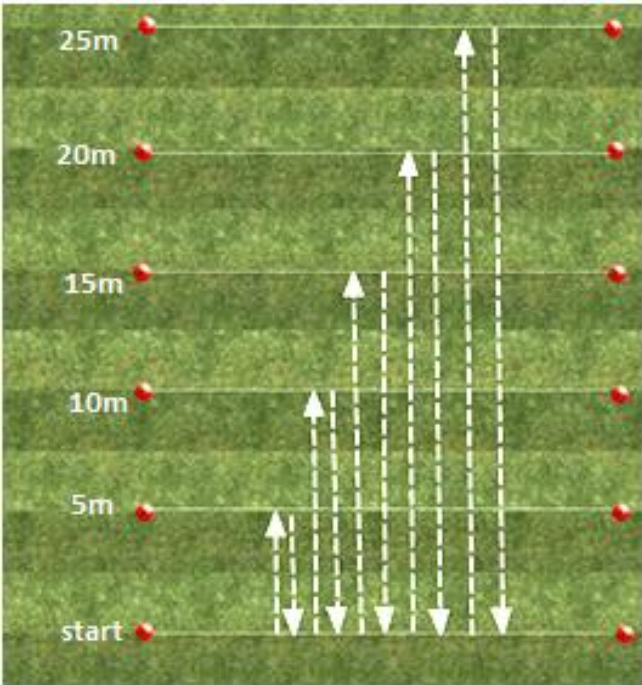


Football Strength &  
Conditioning Program

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Period / Date		Activity	
Code	E AN-1 (Shuttle run 150 m)		
Physical ability	Develop anaerobic conditioning		
Duration	16-22 min	Place	Football field

EXERCISES		duration	rest	set
1.		About 35 s	1 min (5min active recovery)	4-6 rep 2 set