Training week - Star	ndard						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Wake up time	Wake up time	Wake up time	Wake up time	Wake up time	Wake up time	Wake up time
7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00 AM	Dicakiast						
8:30 AM							
9:00 AM							
9:30 AM		Individual Training Einzelene Spieler	Fitness training	Individual Training Einzelene Spieler	Training	Regeneration + Strength training	
10:00 AM	Fitness training						
10:30 AM							
11:00 AM							
11:30 AM	T 1	т 1	T 1	T 1			T 1
12:00 PM	Lunch	Lunch	Lunch Lunch	Lunch	Lunch	Lunch	
12:30 PM							
1:00 PM					Tactic training	Individual Physiotherapy	
1:30 PM	Training	Training	Individual Physiotherapy	Training			
2:00 PM		_					
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM					School		
5:00 PM	School	School	School	School			
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
8:00 PM							
8:30 PM	Individual	Individual	Individual	Individual	Individual	Individual	Individual
9:00 PM	Regeneration	Regeneration	Regeneration	Regeneration	Regeneration	Regeneration	Regeneration
9:30 PM							
10:00 PM	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out

Training week - Hon	ne game						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Wake up time	Wake up time	Wake up time	Wake up time	Wake up time	Wake up time	Wake up time
7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00 AM							Breaklast
8:30 AM							
9:00 AM							
9:30 AM						Pre-Match	
10:00 AM	Fitness training	Individual Training	Fitness training	Individual Training	Final training	Activation	
10:30 AM							
11:00 AM							
11:30 AM	T	Turit	τ1	Tast	Lunch	Lunch	Lunch
12:00 PM	Lunch	Lunch	Lunch	Lunch			Lunch
12:30 PM							
1:00 PM			T 1 1 1		Game preparation	Game	
1:30 PM	Training	Training	Individual Physiotherapy	Training			
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM						Individual	
4:30 PM					School	Physiotherapy	
5:00 PM	School	School	School	School			
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
8:00 PM							Dinner
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out

Training week - Awa	y Game						
J. J	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Wake up time	Wake up time	Wake up time	Wake up time	Wake up time	Wake up time	Wake up time
7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Breakfast
8:00 AM							Breakfast
8:30 AM							
9:00 AM						Travel + Activation	
9:30 AM							
10:00 AM	Fitness training	Individual Training	Fitness training	Individual Training	Final training		
10:30 AM							
11:00 AM							
11:30 AM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:00 PM	Lunch	Lunch	Lunch	Lunch		Lunch	Lunch
12:30 PM							
1:00 PM			T. 4. 11 . 1		Game preparation	Game	
1:30 PM	Training	Training	raining Individual Physiotherapy	Training			
2:00 PM							
2:30 PM							
3:00 PM						]	
3:30 PM							
4:00 PM						Individual	
4:30 PM					School	Physiotherapy	
5:00 PM	School	School	School	School			
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinnar
8:00 PM							Dinner
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out