

Week 5 - Resting week, fitness testing, skills assessment

Day 1							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Stretching session	1hr					
	- Static stretching						
	- Ballistic stretching						
	- PNF stretching						
	<i>Hamstring flexibility</i>						
	<i>Core flexibility</i>						
	<i>Back flexibility</i>						
	<i>Shoulder flexibility</i>						
	<i>Quadricep flexibility</i>						
	<u>Medical examination</u>						
<i>Midday</i>	<u>Physio examination</u>						
<i>Afternoon</i>	<u>Massage</u>	0.5hrs					

Day 2							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Yoga	1hr					
	<i>Hamstring flexibility</i>						
	<i>Core flexibility</i>						
	<i>Back flexibility</i>						
	<i>Shoulder flexibility</i>						
	<i>Quadricep flexibility</i>						
<i>Midday</i>	WARM-UP #5						
	<u>Fitness testing</u>						
	Beep test	Max					
	Pushup test					Max	
	Situp test					Max	
	COOL-DOWN #4						
<i>Afternoon</i>	WARM-UP #6						
	<u>Fitness testing</u>						
	Standing long jump						
	Sit & reach						
	Back raises					Max	
	COOL-DOWN #5						
	<u>Massage</u>	0.5hrs					

Day 3							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Stretching session	1hr					
<i>Midday</i>	<u>Nutrition</u>						
	Assessment						
<i>Afternoon</i>	<u>Psychology</u>						
	Assessment						

Day 4							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	WARM-UP #2						
	Strength testing						
	Leg press			2x body mass	1-RM	1	
	Bench press			1.5x body mass	1-RM	1	
	<i>Muscle Balance</i>						
	Leg extension			1-RM	1	1	
	Leg curl			1-RM	1	1	
	Left leg press			1-RM	1	1	
	Right leg press			1-RM	1	1	
	Left leg extension			1-RM	1	1	
	Right leg extension			1-RM	1	1	
	Left arm abduction			1-RM	1	1	
	Right arm abduction			1-RM	1	1	
	Left arm curl			1-RM	1	1	
	Right arm curl			1-RM	1	1	
	COOL-DOWN #2						
<i>Midday</i>	Flexibility						
	Yoga	1hr					
<i>Afternoon</i>	Psychology						
	Arousal control						
	Arousal creation						
	Controlled breathing						

Day 5							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	Flexibility						
	Stretching session						
<i>Midday</i>	WARM-UP #4						
	Badminton						
	COOL-DOWN #3						
<i>Afternoon</i>	Massage	0.5hrs					

Day 6							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Yoga	1hr					
<i>Midday</i>	WARM-UP #4						
	<u>Match analysis</u>						
	COOL-DOWN #3						
<i>Afternoon</i>	<u>Shot play</u>						
	Drives						
	Volleys						
	Boasts						
	Drops						
	Lobs						
	Crosses						

Day 7							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Stretching session	1hr					
<i>Midday</i>	<u>Psychology</u>						
	Video session						
	<u>Self analysis</u>	0.5hrs					
<i>Afternoon</i>	<u>Psychology</u>						
	Relaxation						
	<u>Muscular relaxation</u>						
	<u>Massage</u>						