

## Gippsland Power Football Club - Under 18 / 16 November 2019



Friday 1st	Saturday 2nd	Sunday 3rd
Lead In	Lead In	Lead In

Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
Lead In	Lead In	Lead In	Lead In	Lead In	Lead In	Information Day

Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
Lead In	Lead In	Lead In	Lead In	Lead In	Lead In	Lead In

Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
<b>PRE-SEASON BEGINS</b> Satellite Training @ 5:00-6:15pm	- Strength Session 1 - Core Program 2	Satellite Training @ 5:00-6:15pm	Rest - Stretching & Foam Rolling <b>Circuit Program</b>	Satellite Training @ 5:00-6:15pm	- Strength Session 2 OR Circuit Program - Core Program 1	Rest - Stretching & Foam Rolling

Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th
Satellite Training @ 5:00-6:15pm	- Strength Session 1 - Core Program 2	Satellite Training @ 5:00-6:15pm	Rest - Stretching & Foam Rolling <b>Circuit Program</b>	Satellite Training @ 5:00-6:15pm	- Strength Session 2 OR Circuit Program - Core Program 1



## Gippsland Power Football Club - Under 16 December 2019



Sunday 1st
Rest - Stretching & Foam Rolling

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th	Sunday 8th
Satellite Training @ 5:00-6:15pm	- Strength Session 1 - Core Program 2	Satellite Training @ 5:00-6:15pm	- Strength Session 2 OR Circuit Program - Core Program 1	Satellite Training @ 5:00-6:15pm	Rest - Stretching & Foam Rolling	Practice Match at Churchill Football Ground U18 = 9:00am arrival U16 = 12:00pm arrival

Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th	Sunday 15th
<b>Recovery</b> - Proper Sleep / Nutrition - Beach or ice bath - Stretching etc.	- Strength Session 1 - Core Program 2	Satellite Training @ 5:00-6:15pm	- Strength Session 2 OR Circuit Program - Core Program 1	Rest - Stretching & Foam Rolling	Rest - Stretching & Foam Rolling	Fitness Testing @ Moe-Newborough Leisure Centre. U18 Registration = 10:30am U16 Registration = 12:15pm

Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
Satellite Training @ 5:00-6:15pm	- Strength Session DELOAD - Core Program 2	2km TT / Skills @ Moe-Newborough Leisure Centre. 4:30 onwards	<b>Recovery</b> - Proper Sleep / Nutrition - Beach or ice bath - Stretching etc.	Rest - Stretching & Foam Rolling	- Strength Session DELOAD - Core Program 1	- Swimming Program 1 - Stretching & Foam Rolling

Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th
<b>- Injury Prevention Program &amp; Strength Session 1</b>	Rest - Stretching & Foam Rolling	-ANY Swim OR Bike Program - Skills / Touch Program - Stretching & Foam Rolling	<b>Christmas Day Rest Day Merry Christmas</b>	- Running Program 5 - Skills / Touch Program - Stretching & Foam Rolling	<b>- Injury Prevention Program &amp; Strength Session 2</b>	Rest - Stretching & Foam Rolling

Monday 30th	Monday 31st
-ANY Swim OR Bike Program - Skills / Touch Program - Stretching & Foam Rolling	<b>- Injury Prevention Program &amp; Strength Session 1</b>