

MICROCYCLE SCHEDULE

**CASVI
FOOTBALL ACADEMY**

2021



ONE WEEK SCHEDULE

THIS PROPOSAL IS FLEXIBLE AND WOULD BE ADAPTED TO NECESSITIES, REQUIREMENTS AND/OR WISHES.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	SATURDAY	SUNDAY
07:45 - 08:00 AM	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	07:45 - 08:00 AM	WAKE UP	WAKE UP
08:00 - 09:00 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	08:00 - 09:00 AM	BREAKFAST	FREE TIME
09:00 - 12:15 PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	09:00 - 12:15 PM	POWER TRAINING GYM	
12:30 - 01:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	12:30 - 01:00 PM	LUNCH	LUNCH
01:10 - 02:00 PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	01:10 - 02:00 PM		FREE TIME
02:00 - 02:45 PM	PREPARATION TIME FOR TRAINING	PREPARATION TIME FOR TRAINING	PREPARATION TIME FOR MATCH	PREPARATION TIME FOR TRAINING	PREPARATION TIME FOR TRAINING	02:00 - 02:45 PM	BREAK TIME	GROUP COHESION AND CULTURAL ACTIVITIES
02:45 - 03:15 PM	PREVENTION AND PHYSICAL TRAINING	VIDEO ANALYSIS SESSIONS		PREVENTION AND PHYSICAL TRAINING	VIDEO ANALYSIS SESSIONS	02:45 - 03:15 PM		
03:15 - 04:45 PM	FOOTBALL TRAINING	FOOTBALL TRAINING		FOOTBALL TRAINING	TRAINING WITH FORMER LFP PLAYERS	03:15 - 04:45 PM	GROUP COHESION AND CULTURAL ACTIVITIES	
05:00 - 06:00 PM	PHIOTHERAPY	ON-LINE CLASS	MATCH AGAINST SPANISH ACADEMY	PHIOTHERAPY	ON-LINE CLASS	05:00 - 06:00 PM		
06:15 - 08:00 PM	STUDYING TIME			STUDYING TIME		06:15 - 08:00 PM		
08:00 - 08:45 PM	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	08:00 - 08:45 PM	FREE TIME	FREE TIME
08:45 - 09:30 PM	DINNER	DINNER	DINNER	DINNER	DINNER	08:45 - 09:30 PM	DINNER	DINNER
09:30 - 10:30 PM	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	09:30 - 10:30 PM	FREE TIME	FREE TIME
10:30 PM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	10:30 PM	SLEEP	SLEEP

REGULAR WEEK IN CASVI FOOTBALL ACADEMY



**WISHING IS
NOT ENOUGH
YOU MUST DO.**

