

Table 1. Typical weekly training program for the soccer players during the 4 weeks of preseason.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	PT 30'	TEC/TAC 60'	PT 30'	Rest	PT 30'	TEC/TAC 70'
Afternoon	TEC/TAC 70'	TEC/TAC 80'	TEC/TAC 90'	TEC/TAC 80'	TEC/TAC 90'	Rest

Note: TEC = Technical Training; TAC = Tactical Training; PT = Power Training; The numbers after the training sessions represent the volume in minutes. TEC/TAC training involved different formats of small-sided games and specific technical actions (e.g., goal shooting, corner kick situations).