

# SPORT SUPPORTER

**APOEL - Week: 1 - ( First preperation phase ) - ( from 30-Dec-16 to 05-Jan-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20' T2	20' T2	25' T2	Rest	25' T2	25' T2	30' T2

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**APOEL - Week: 2 - ( First preperation phase ) - ( from 06-Jan-17 to 12-Jan-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25' T2	25' T2	30' T2	Rest	30' T2	30' T2	35' T2
[Dotted lines for notes]						

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**APOEL - Week: 3 - ( General preperation phase ) - ( from 13-Jan-17 to 19-Jan-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30' T2	15' T2	25' T2	30' T2	15' T2	25' T2	30' T2
3 X 60m	Stretching 10'	Stretching 10'	3 X 60m	Stretching 10'	Stretching 10'	3 X 60m
	2 X 5' General Strength	3 X 60m		2 X 5' General Strength	3 X 60m	
	1 X 60m after each set	14 X 200m		1 X 60m after each set	8 X 500m	
		200m = 00:00:46			500m = 00:02:09	
		Jogging Rest: 105"			Standing rest: 130"	
		Distance = 2800m			Distance = 4000m	
		10' T1			10' T1	

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**APOEL - Week: 4 - ( General preperation phase ) - ( from 20-Jan-17 to 26-Jan-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30' T2	15' T2	25' T2	30' T2	15' T2	25' T2	40' T2
3 X 60m	Stretching 10'	Stretching 10'	3 X 60m	Stretching 10'	Stretching 10'	3 X 60m
	2 X 6' General Strength	3 X 60m		2 X 6' General Strength	3 X 60m	
	1 X 60m after each set	14 X 200m		1 X 60m after each set	8 X 600m	
		200m = 00:00:45			600m = 00:02:32	
		Jogging Rest: 100"			Standing rest: 130"	
		Distance = 2800m			Distance = 4800m	
		10' T1			10' T1	

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**APOEL - Week: 5 - ( General preperation phase ) - ( from 27-Jan-17 to 02-Feb-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35' T2	20' T2	25' T2	35' T2	20' T2	25' T2	50' T2
3 X 60m	Stretching 10'	Stretching 10'	3 X 60m	Stretching 10'	Stretching 10'	3 X 60m
	2 X 7' General Strength	3 X 60m		2 X 7' General Strength	3 X 60m	
	1 X 60m after each set	12 X 200m		1 X 60m after each set	7 X 700m	
		200m = 00:00:46			700m = 00:02:59	
		Jogging Rest: 95"			Standing rest: 140"	
		Distance = 2400m			Distance = 4900m	
		10' T1			10' T1	

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**APOEL - Week: 6 - ( General preperation phase ) - ( from 03-Feb-17 to 09-Feb-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T2	25' T2	25' T2	40' T2	25' T2	25' T2	60' T2
4 X 80m	Stretching 10'	Stretching 10'	4 X 80m	Stretching 10'	Stretching 10'	4 X 80m
	2 X 8' General Strength	4 X 60m		2 X 8' General Strength	4 X 60m	
	2 X 80m after each set	12 X 250m		2 X 80m after each set	7 X 800m	
		250m = 00:00:59			800m = 00:03:30	
		Jogging Rest: 90"			Standing rest: 140"	
		Distance = 3000m			Distance = 5600m	
		10' T1			10' T1	

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**APOEL - Week: 7 - ( General preperation phase ) - ( from 10-Feb-17 to 16-Feb-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T2	25' T2	25' T2	40' T2	25' T2	25' T2	70' T2
4 X 80m	Stretching 10'	Stretching 10'	4 X 80m	Stretching 10'	Stretching 10'	4 X 80m
	2 X 9' General Strength	4 X 60m		2 X 9' General Strength	4 X 60m	
	2 X 80m after each set	12 X 300m		2 X 80m after each set	6 X 900m	
		300m = 00:01:09			900m = 00:03:52	
		Jogging Rest: 85"			Standing rest: 140"	
		Distance = 3600m			Distance = 5400m	
		10' T1			10' T1	

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**APOEL - Week: 8 - ( General preperation phase ) - ( from 17-Feb-17 to 23-Feb-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
45' T2	30' T2	30' T2	45' T2	30' T2	30' T2	80' T2
4 X 80m	Stretching 10'	Stretching 10'	4 X 80m	Stretching 10'	Stretching 10'	4 X 80m
	2 X 10' General Strength	4 X 60m		2 X 10' General Strength	4 X 60m	
	2 X 80m after each set	12 X 300m		2 X 80m after each set	6 X 1000m	
		300m = 00:01:09			1000m = 00:04:20	
		Jogging Rest: 80"			Standing rest: 150"	
		Distance = 3600m			Distance = 6000m	
		10' T1			10' T1	



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**APOEL - Week: 9 - ( General preperation phase ) - ( from 24-Feb-17 to 02-Mar-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
45' T2	30' T2	30' T2	45' T2	30' T2	30' T2	90' T2
5 X 80m	Stretching 10'	Stretching 10'	5 X 80m	Stretching 10'	Stretching 10'	5 X 80m
	2 X 11' Circuit Training	5 X 60m		2 X 11' Circuit Training	5 X 60m	
	2 X 80m after each set	12 X 300m		2 X 80m after each set	5 X 1100m	
		300m = 00:01:12			1100m = 00:04:55	
		Jogging Rest: 75"			Standing rest: 150"	
		Distance = 3600m			Distance = 5500m	
		10' T1			10' T1	

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**APOEL - Week: 10 - ( General preperation phase ) - ( from 03-Mar-17 to 09-Mar-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50' T2	35' T2	30' T2	50' T2	35' T2	30' T2	100' T2
5 X 80m	Stretching 10'	Stretching 10'	5 X 80m	Stretching 10'	Stretching 10'	5 X 80m
	2 X 12' Circuit Training	5 X 60m		2 X 12' Circuit Training	5 X 60m	
	2 X 80m after each set	12 X 350m		2 X 80m after each set	5 X 1200m	
		350m = 00:01:22			1200m = 00:05:16	
		Jogging Rest: 70"			Standing rest: 150"	
		Distance = 4200m			Distance = 6000m	
		10' T1			10' T1	

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**APOEL - Week: 11 - ( Specific preparation phase ) - ( from 10-Mar-17 to 16-Mar-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	20' T2	40' T2	20' T2	40' T2	20' T2	115' T2
5 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	5 X 100m
Stretching 10'	Running drills: 2'	Running drills: 2'	Running drills: 2'	Running drills: 2'	Running drills: 2'	Stretching 10'
	6 X 60m	2 X 13' Circuit training	6 X 60m	2 X 13' Circuit training	6 X 60m	
	9 X 500m	2 X 100m after each set	7 X 450m	2 X 100m after each set	7 X 1000m	
	500m = 00:01:59	Stretching 10'	450m = 00:01:47	Stretching 10'	1000m = 00:04:20	
	Standing Rest: 140"		Running Rest: 110"		Standing Rest: 130"	
	Distance = 4500m		Distance = 3150m		Distance = 7000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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**APOEL - Week: 12 - ( Specific preparation phase ) - ( from 17-Mar-17 to 23-Mar-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	20' T2	40' T2	20' T2	40' T2	20' T2	125' T2
6 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	6 X 100m
Stretching 10'	Running drills: 4'	Running drills: 4'	Running drills: 4'	Running drills: 4'	Running drills: 4'	Stretching 10'
	6 X 60m	2 X 14' Circuit training	6 X 60m	2 X 14' Circuit training	6 X 60m	
	8 X 700m	3 X 100m after each set	8 X 400m	3 X 100m after each set	6 X 1500m	
	700m = 00:02:52	Stretching 10'	400m = 00:01:36	Stretching 10'	1500m = 00:06:44	
	Standing Rest: 130"		Running Rest: 100"		Standing Rest: 140"	
	Distance = 5600m		Distance = 3200m		Distance = 9000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

# SPORT SUPPORTER

**APOEL - Week: 13 - ( Specific preperation phase ) - ( from 24-Mar-17 to 30-Mar-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	130' T2
6 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	6 X 100m
Stretching 10'	Running drills: 6'	Running drills: 6'	Running drills: 6'	Running drills: 6'	Running drills: 6'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	7 X 900m		9 X 350m		5 X 2000m	
	900m = 00:03:39	3 X 100m after each set	350m = 00:01:21	3 X 100m after each set	2000m = 00:08:53	
	Standing Rest: 120"	Stretching 10'	Running Rest: 90"	Stretching 10'	Standing Rest: 150"	
	Distance = 6300m		Distance = 3150m		Distance = 10000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

# SPORT SUPPORTER

**APOEL - Week: 14 - ( Specific preperation phase ) - ( from 31-Mar-17 to 06-Apr-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	140' T2
6 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	6 X 100m
Stretching 10'	Running drills: 8'	Running drills: 8'	Running drills: 8'	Running drills: 8'	Running drills: 8'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	6 X 1100m	3 X 100m after each set	10 X 300m	3 X 100m after each set	4 X 2500m	
	1100m = 00:04:30	Stretching 10'	300m = 00:01:09	Stretching 10'	2500m = 00:11:14	
	Standing Rest: 110"		Running Rest: 80"		Standing Rest: 160"	
	Distance = 6600m		Distance = 3000m		Distance = 10000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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**APOEL - Week: 15 - ( Specific preperation phase ) - ( from 07-Apr-17 to 13-Apr-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	145' T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 X 100m
Stretching 10'	Running drills: 10'	Running drills: 10'	Running drills: 10'	Running drills: 10'	Running drills: 10'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	4 X 1300m	3 X 100m after each set	11 X 250m	3 X 100m after each set	3 X 3000m	
	1300m = 00:05:30	Stretching 10'	250m = 00:00:58	Stretching 10'	3000m = 00:13:59	
	Standing Rest: 100"		Running Rest: 70"		Standing Rest: 170"	
	Distance = 5200m		Distance = 2750m		Distance = 9000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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**APOEL - Week: 16 - ( Specific preperation phase ) - ( from 14-Apr-17 to 20-Apr-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	150' T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 X 100m
Stretching 10'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	4 X 1500m	3 X 100m after each set	12 X 200m	3 X 100m after each set	2 X 3500m	
	1500m = 00:06:17	Stretching 10'	200m = 00:00:45	Stretching 10'	3500m = 00:16:08	
	Standing Rest: 90"		Running Rest: 60"		Standing Rest: 180"	
	Distance = 6000m		Distance = 2400m		Distance = 7000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	



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**APOEL - Week: 17 - ( Specific preperation phase ) - ( from 21-Apr-17 to 27-Apr-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	160' T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 X 100m
Stretching 10'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	4 X 1500m	3 X 100m after each set	13 X 150m	3 X 100m after each set	2 X 4000m	
	1500m = 00:06:21	Stretching 10'	150m = 00:00:33	Stretching 10'	4000m = 00:18:39	
	Standing Rest: 80"		Running Rest: 50"		Standing Rest: 190"	
	Distance = 6000m		Distance = 1950m		Distance = 8000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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**APOEL - Week: 18 - ( Specific preparation phase ) - ( from 28-Apr-17 to 04-May-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	30' T2	45' T2	30' T2	45' T2	30' T2	165' T2
8 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	8 X 100m
Stretching 10'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	4 X 1500m	4 X 100m after each set	14 X 100m	4 X 100m after each set	2 X 4500m	
	1500m = 00:06:35	Stretching 10'	100m = 00:00:22	Stretching 10'	4500m = 00:21:48	
	Standing Rest: 70"		Running Rest: 40"		Standing Rest: 200"	
	Distance = 6000m		Distance = 1400m		Distance = 9000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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**APOEL - Week: 19 - ( Pre-competition phase ) - ( from 05-May-17 to 11-May-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	30' T2	20' T2	60' T2	60' T2	20' T2	175' T2
8 X 100m	Stretching 10'	Stretching 10'	6 X 100m	6 X 100m	Stretching 10'	6 X 100m
Stretching 10'	Running drills: 6'	Running drills: 6'	Stretching 10'	Stretching 10'	Running drills: 6'	Stretching 10'
	2 X 10' Circuit training	6 X 100m			6 X 100m	
	3 X 100m after each set	12 X 600m			3 X 5000m	
	Stretching 10'	600m = 00:02:38			5000m = 00:23:20	
		Running Rest: 60"			Standing Rest: 180"	
		Distance = 7200m			Distance = 15000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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**APOEL - Week: 20 - ( Pre-competition phase ) - ( from 12-May-17 to 18-May-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	30' T2	20' T2	40' T2	30' T2	20' T2	20' T2
6 X 100m	Stretching 10'	Stretching 10'	6 X 100m	6 X 100m	6 X 100m	Stretching 10'
Stretching 10'	Running drills: 6'	Running drills: 6'	Stretching 10'	Stretching 10'	Stretching 10'	Running drills: 3'
	2 X 10' Circuit training	6 X 100m				6 X 100m
	3 X 100m after each set	12 X 400m				1 X 10000m
	Stretching 10'	400m = 00:01:39				10000m = faster than 00:41:56
		Standing Rest: 60"				Or 10Km Race
		Distance = 4800m				Distance = 10000m
		10' T1				10' T1
		Stretching 10'				Stretching 10'

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**APOEL - Week: 21 - ( Competition phase ) - ( from 19-May-17 to 25-May-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T1	50' T2	20' T2	30' T2	50' T2	20' T2	150' T2
6 X 100m	6 X 100m	Stretching 10'	Stretching 10'	6 X 100m	Stretching 10'	6 X 100m
Stretching 10'	Stretching 10'	Running drills: 4'	Running drills: 4'	Stretching 10'	Running drills: 4'	Stretching 10'
		6 X 100m	2 X 8' Circuit training		6 X 100m	
		12 X 500m	3 X 100m after each set		2 X 7000m	
		500m = 00:02:04	Stretching 10'		7000m = 00:30:23	
		Standing Rest: 60"			Standing Rest: 180"	
		Distance = 6000m			Distance = 14000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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**APOEL - Week: 22 - ( Competition phase ) - ( from 26-May-17 to 01-Jun-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T1	50' T2	20' T2	30' T2	30' T2	20' T2	20' T2
6 X 100m	6 X 100m	Stretching 10'	Stretching 10'	6 X 100m	6 X 100m	Stretching 10'
Stretching 10'	Stretching 10'	Running drills: 4'	Running drills: 4'	Stretching 10'	Stretching 10'	Running drills: 2'
		6 X 100m	2 X 8' Circuit training			6 X 100m
		10 X 500m	3 X 100m after each set			1 X 21098m
		500m = 00:02:11	Stretching 10'			21098m = faster than 01:33:46
		Standing Rest: 60"				Or 21.098Km Race
		Distance = 5000m				Distance = 21098m
		10' T1				10' T1
		Stretching 10'				Stretching 10'

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**APOEL - Week: 23 - ( Competition phase ) - ( from 02-Jun-17 to 08-Jun-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T1	50' T2	20' T2	50' T2	40' T2	20' T2	90' T2
6 X 100m	6 X 100m	Stretching 10'	6 X 100m	6 X 100m	Stretching 10'	6 X 100m
Stretching 10'	Stretching 10'	Running drills: 4'	Stretching 10'	Stretching 10'	Running drills: 4'	Stretching 10'
		6 X 100m			6 X 100m	
		10 X 600m			3 X 4000m	
		600m = 00:02:34			4000m = 00:17:34	
		Standing Rest: 60"			Standing Rest: 180"	
		Distance = 6000m			Distance = 12000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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**APOEL - Week: 24 - ( Competition phase ) - ( from 09-Jun-17 to 15-Jun-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50' T1	40' T2	20' T2	Rest	30' T2	20' T2	Race
6 X 100m	6 X 100m	Stretching 10'		6 X 100m	6 X 100m	
Stretching 10'	Stretching 10'	Running drills: 4'		Stretching 10'	Stretching 10'	
		6 X 100m				
		8 X 400m				
		400m = 00:01:45				
		Standing Rest: 80"				
		Distance = 3200m				
		10' T1				
		Stretching 10'				