APOEL - Week: 1 - (First preperation phase) - (from 25-Dec-16 to 31-Dec-16)

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



APOEL - Week: 2 - (First preperation phase) - (from 01-Jan-17 to 07-Jan-17)

25'T2 25'T2 30'T2 Rest 30'T2 30'T2 35'T2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

APOEL - Week: 3 - (General preperation phase) - (from 08-Jan-17 to 14-Jan-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0'T2	15'T2	25'T2	30'T2	15'T2	25'T2	50'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 14 X 200m		2 X 5' General Strength	3 X 60m 8 X 500m	
1 X 60m after each set		200m = 00:00:42		1 X 60m after each set	500m = 00:01:58	
		Jogging Rest: 105"			Standing rest: 130"	
		Distance = 2800m			Distance = 4000m	
		10'T1			10'T1	

APOEL - Week: 4 - (General preperation phase) - (from 15-Jan-17 to 21-Jan-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30'T2	15'T2	25'T2	30'T2	15'T2	25'T2	50'T2
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	
		14 X 200m			8 X 600m	
	1 X 60m after			1 X 60m after		
	each set	200m = 00:00:41		each set	600m = 00:02:19	
		Jogging Rest: 100"			Standing rest: 130"	
		Distance = 2800m			Distance = 4800m	
		10'T1			10'T1	

APOEL - Week: 5 - (General preperation phase) - (from 22-Jan-17 to 28-Jan-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5'T2	20'T2	25'T2	35'T2	20'T2	25'T2	55'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	12 X 200m		1 X 60m after	7 X 700m	
	each set	200m = 00:00:42		each set	700m = 00:02:44	
		Jogging Rest: 95"			Standing rest: 140"	
		Distance = 2400m			Distance =	
		10'T1			4900m	
					10'T1	
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APOEL - Week: 6 - (General preperation phase) - (from 29-Jan-17 to 04-Feb-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35'T2	20'T2	25'T2	35'T2	20'T2	25'T2	55'T2
35'T2	Stretching 10' 2 X 8' General Strength 2 X 80m after each set	25'T2 Stretching 10' 4 X 60m 12 X 250m 250m = 00:00:54 Jogging Rest: 90" Distance = 3000m 10'T1	4 X 80m	Stretching 10' 2 X 8' General Strength 2 X 80m after each set	25'T2 Stretching 10' 4 X 60m 7 X 800m 800m = 00:03:12 Standing rest: 140" Distance = 5600m 10'T1	55'T2 4 X 80m

APOEL - Week: 7 - (General preperation phase) - (from 05-Feb-17 to 11-Feb-17)

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10'T2	25'T2	25'T2	40'T2	25'T2	25'T2	60'T2
40'T2 4 X 80m	25'T2 Stretching 10' 2 X 9' General Strength 2 X 80m after each set	25'T2 Stretching 10' 4 X 60m 12 X 300m 300m = 00:01:03 Jogging Rest: 85" Distance = 3600m 10'T1	40'T2 4 X 80m	Stretching 10' 2 X 9' General Strength 2 X 80m after each set	25'T2 Stretching 10' 4 X 60m 6 X 900m 900m = 00:03:33 Standing rest: 140" Distance = 5400m 10'T1	60'T2

APOEL - Week: 8 - (General preperation phase) - (from 12-Feb-17 to 18-Feb-17)

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25'T2	30'T2	40'T2	25'T2	30'T2	60'T2
Stretching 10'	Stretching 10'	4 X 80m	Stretching 10'	Stretching 10'	4 X 80m
2 X 10' General Strength	4 × 60m		2 X 10' General Strength	4 X 60m	
(42)	12 X 300m		(72)	6 X 1000m	
2 X 80m after each set	300m = 00:01:04		2 X 80m after each set	1000m = 00:03:58	
	Distance =			Standing rest: 150"	
	10'T1			Distance = 6000m	
				10'T1	
	25'T2 Stretching 10' 2 X 10' General Strength 2 X 80m after	25'T2 30'T2 Stretching 10' Stretching 10' 2 X 10' General 4 X 60m Strength 12 X 300m 2 X 80m after each set 300m = 00:01:04 Jogging Rest: 80" Distance = 3600m	25'T2	25'T2	25'T2 30'T2 40'T2 25'T2 30'T2 Stretching 10' Stretching 10' 4 X 80m Stretching 10' Stretching 10' 2 X 10' General Strength 4 X 60m 2 X 10' General Strength 4 X 60m 2 X 80m after each set 300m = 00:01:04 2 X 80m after each set 1000m = 00:03:58 Jogging Rest: 80" Standing rest: 150" Distance = 3600m Distance = 6000m

APOEL - Week: 9 - (General preperation phase) - (from 19-Feb-17 to 25-Feb-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5'T2	30'T2	30'T2	45'T2	30'T2	30'T2	65'T2
i 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	12 X 300m		2 X 80m after	5 X 1100m	
	each set	300m = 00:01:05		each set	1100m = 00:04:30	
		Jogging Rest: 75"			Standing rest:	
		Distance = 3600m			150"	
		10'T1			Distance = 5500m	
					10'T1	

APOEL - Week: 10 - (General preperation phase) - (from 26-Feb-17 to 04-Mar-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0'T2	30'T2	30'T2	50'T2	30'T2	30'T2	70'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	12 X 350m		2 X 80m after	5 X 1200m	
	each set	350m = 00:01:15		each set	1200m = 00:04:49	
		Jogging Rest: 70"			Standing rest:	
		Distance = 4200m			150"	
		10'T1			Distance = 6000m	
					10'T1	

APOEL - Week: 11 - (Specific preperation phase) - (from 05-Mar-17 to 11-Mar-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60'T2	20'T2	35'T2	20'T2	35'T2	20'T2	80'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 9 X 500m 500m = 00:01:49 Standing Rest: 140" Distance = 4500m 10'T1	6 X 60m	2 X 13' Circuit training	6 X 60m	2 X 13' Circuit training	6 X 60m	
	9 X 500m		7 X 450m	-	7 X 1000m	
	500m = 00:01:49	2 X 100m after each set	450m = 00:01:38	2 X 100m after each set	1000m = 00:03:58	
		Stretching 10'	Running Rest: 110"	Stretching 10'	Standing Rest:	
			Distance = 3150m		Distance = 7000m	
	10'T1		10'T1			
	Stretching 10'		Stretching 10'		10'T1 Stretching 10'	

APOEL - Week: 12 - (Specific preperation phase) - (from 12-Mar-17 to 18-Mar-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60'T2	20'T2	40'T2	20'T2	40'T2	20'T2	80'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		8 X 400m		6 X 1500m	
	700m = 00:02:37	3 X 100m after each set	400m = 00:01:28	3 X 100m after each set	1500m = 00:06:10	
	Standing Rest: 130"	Stretching 10'	Running Rest: 100"	Stretching 10'	Standing Rest:	
	Distance = 5600m		Distance = 3200m		Distance = 9000m	
	10'T1		10'T1		3000111	
	Stretching 10'		Stretching 10'		10'T1 Stretching 10'	

APOEL - Week: 13 - (Specific preperation phase) - (from 19-Mar-17 to 25-Mar-17)

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25'T2	40'T2	25'T2	40'T2	25'T2	85'T2
Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	6 X 100m
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	3 X 100m after	5 X 2000m	
900m = 00:03:20	each set	350m = 00:01:14	each set	2000m = 00:08:08	
Standing Rest: 120"	Stretching 10'	Running Rest: 90"	Stretching 10'	Standing Rest: 150"	
Distance =		Distance =			
				10000m	
10'T1		10'T1		10'T1	
Stretching 10'		Stretching 10'		Stretching 10'	
	25'T2 Stretching 10' Running drills: 6' 6 X 60m 7 X 900m 900m = 00:03:20 Standing Rest: 120" Distance = 6300m 10'T1	25'T2	25'T2 40'T2 25'T2 Stretching 10' Stretching 10' Stretching 10' Running drills: 6' Running drills: 6' Running drills: 6' 6 × 60m 2 × 15' Circuit training 6 × 60m 7 × 900m 9 × 350m 900m = 00:03:20 3 × 100m after each set 350m = 00:01:14 Standing Rest: 120" Stretching 10' Running Rest: 90" Distance = 6300m Distance = 3150m 10'T1 10'T1	25'T2 40'T2 25'T2 40'T2 Stretching 10' Stretching 10' Stretching 10' Stretching 10' Running drills: 6' Running drills: 6' Running drills: 6' Running drills: 6' 6 X 60m 2 X 15' Circuit training 6 X 60m 2 X 15' Circuit training 7 X 900m 3 X 100m after each set 3 X 100m after each set 900m = 00:03:20 Stretching 10' Running Rest: 90" Stretching 10' Distance = 6300m Distance = 3150m 10'T1	25'T2 40'T2 25'T2 40'T2 25'T2 Stretching 10' Stretching 10' Stretching 10' Stretching 10' Stretching 10' Running drills: 6' 6 X 60m 2 X 15' Circuit training 6 X 60m 2 X 15' Circuit training 6 X 60m 7 X 900m 3 X 100m after each set 3 X 100m after each set 2000m = 00:08:08 90m = 00:03:20 Stretching 10' Running Rest: 90" Stretching 10' Standing Rest: 120" Distance = 3150m Distance = 10000m 10'T1 10'T1 10'T1 Stretching 10' Stretching 10'

APOEL - Week: 14 - (Specific preperation phase) - (from 26-Mar-17 to 01-Apr-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60'T2	25'T2	45'T2	25'T2	45'T2	25'T2	90'T2
6 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	6 X 100m
Stretching 10' Running drills: 8' 6 X 60m 6 X 1100m 1100m = 00:04:07 Standing Rest: 110" Distance = 6600m 10'T1 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	10 X 300m	3 X 100m after	4 X 2500m	
	(B)(1670.07)(B)(17)	each set	300m = 00:01:03	each set	2500m = 00:10:17	
	Stretching 10'	Running Rest: 80"	Stretching 10'	Standing Rest: 160"		
		Distance = 3000m		Distance =		
			10'T1		10000m	
	10'T1		Stretching 10'		10'T1	
	Stretching 10'		중		Stretching 10'	

APOEL - Week: 15 - (Specific preperation phase) - (from 02-Apr-17 to 08-Apr-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60'T2	25'T2	45'T2	25'T2	45'T2	25'T2	90'T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 X 100m
Stretching 10' Running drills: 10' 6 × 60m 4 × 1300m	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	11 X 250m	3 X 100m after	3 X 3000m	
	1300m = 00:05:02 Standing Rest: 100"	each set	250m = 00:00:53	each set	3000m = 00:12:48	
		Stretching 10'	Running Rest: 70"	Stretching 10'	Standing Rest: 170"	
Distance = 5200m 10'T1 Stretching 10'		Distance = 2750m		Distance = 9000m		
	10'T1		10'T1		10'T1	
			Stretching 10'		Stretching 10'	

APOEL - Week: 16 - (Specific preperation phase) - (from 09-Apr-17 to 15-Apr-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60'T2	25'T2	45'T2	25'T2	45'T2	25'T2	95'T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 X 100m
Stretching 10' Running drills: 12' 6 X 60m 4 X 1500m	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		12 X 200m		2 X 3500m	
		3 X 100m after		3 X 100m after		
	1500m =	each set	200m = 00:00:41	each set	3500m =	
00:05:45 Standing Rest:	00:05:45	Stretching 10'	Running Rest:	Stretching 10'	00:14:45	
	Standing Rest: 90"	offerfilling to	60"	offerning to	Standing Rest: 180"	
			Distance =		100	
Distance = 6000m	Distance =		2400m		Distance =	
	6000m				7000m	
			10'T1		17 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
10'T1 Stretching 10'	10'T1		01 111 101		10'T1	
	Otrotobing 101		Stretching 10'		Stretching 10'	

APOEL - Week: 17 - (Specific preperation phase) - (from 16-Apr-17 to 22-Apr-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60'T2	25'T2	45'T2	25'T2	45'T2	25'T2	100'T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 X 100m
Stretching 10'	tretching 10' Running drills:	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Stretching 10
6 X 60m 4 X 1500m 1500m = 00:05:49	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	13 X 150m	3 X 100m after	2 X 4000m	
	each set	150m = 00:00:30	each set	4000m = 00:17:04		
	Standing Rest: 80"	Stretching 10'	Running Rest: 50"	Stretching 10'	Standing Rest: 190"	
Distance = 6000m 10'T1 Stretching 10'		Distance = 1950m		Distance = 8000m		
	10'T1		10'T1		10'T1	
		Stretching 10'		Stretching 10'		

APOEL - Week: 18 - (Specific preperation phase) - (from 23-Apr-17 to 29-Apr-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60'T2	30'T2	45'T2	30'T2	45'T2	30'T2	100'T2
8 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	8 X 100m
Stretching 10'	tretching 10' Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Stretching 10'
6 × 60m 4 × 1500m	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	4 X 1500m		14 X 100m		2 X 4500m	
		4 X 100m after		4 X 100m after		
	1500m =	each set	100m = 00:00:20	each set	4500m =	
	00:06:01	Stretching 10'	Running Rest:	Stretching 10'	00:19:58	
	Standing Rest: 70"	ouctering to	40"	Oli eterning 10	Standing Rest: 200"	
	1171		Distance =		77.7	
Distance =	Distance =		1400m		Distance =	
	6000m				9000m	
	52-120		10'T1		72.02.0	
	10'T1		01-1-1-1-1-101		10'T1	
Stretching 10'	Stretching 10'		Stretching 10'		Stretching 10'	

APOEL - Week: 19 - (Pre-competition phase) - (from 30-Apr-17 to 06-May-17)

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30'T2	20'T2	50'T2	90'T2	20'T2	100'T2
Stretching 10'	Stretching 10'	6 X 100m	6 X 100m	Stretching 10'	8 X 100m
Running drills: 6'	Running drills: 6'	Stretching 10'	Stretching 10'	Running drills: 6'	Stretching 10'
2 X 10' Circuit	6 X 100m			6 X 100m	
	12 X 500m			3 X 4000m	
each set	500m = 00:01:53			4000m = 00:16:04	
Stretching 10'	Running Rest: 70"			Standing Rest:	
	Distance =				
	6000m				
	10'T1			12000111	
				10'T1	
	Stretching 10'			Stretching 10'	
	30'T2 Stretching 10' Running drills: 6' 2 X 10' Circuit training 3 X 100m after each set	30'T2	30'T2	30'T2	30'T2

APOEL - Week: 20 - (Pre-competition phase) - (from 07-May-17 to 13-May-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50'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'
2 X 1 traini 3 X 1 each	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
	_	12 X 400m				1 X 10000m
	3 X 100m after each set	400m = 00:01:31				10000m = faster than 00:38:23
	Stretching 10'	Standing Rest: 60"				Or 10km Race
		Distance = 4800m				Distance = 10000m
		10'T1				10'T1
		Stretching 10'				Stretching 10'

APOEL - Week: 21 - (Competition phase) - (from 14-May-17 to 20-May-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60'T1	50'T2	20'T2	30'T2	50'T2	20'T2	80'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			2 X 5000m	
		500m = 00:01:53	3 X 100m after each set		5000m = 00:19:24	
		Standing Rest: 60"	Stretching 10'		Standing Rest:	
		Distance = 6000m			Distance =	
		10'T1			10000m	
		Stretching 10'			10'T1	
					Stretching 10'	

APOEL - Week: 22 - (Competition phase) - (from 21-May-17 to 27-May-17)

		40'T2 6 X 100m Stretching 10'	30'T2 6 X 100m Stretching 10'	20'T2 6 X 100m Stretching 10'	20'T2 Stretching 10'
	ching 10' Running drills: 4'				
Stretching 10' Stretc	- (4) (4) (4) (4) (4) (4) (4) (4) (4) (4)	Stretching 10'	Stretching 10'	Stretching 10'	
	6 X 100m			offetening 10	Running drills: 2'
					6 X 100m
	10 X 500m				1 X 10000m
	500m = 00:01:53				10000m = faster than 00:38:23
	Standing Rest: 60"				Or 10km Race
	Distance = 5000m				Distance = 10000m
	10'T1				10'T1
	Stretching 10'				Stretching 10'

APOEL - Week: 23 - (Competition phase) - (from 28-May-17 to 03-Jun-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60'T1	50'T2	20'T2	50'T2	50'T2	20'T2	80'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 500m			2 X 3500m	
		500m = 00:01:51			3500m = 00:13:17	
		Standing Rest: 60"			Standing Rest:	
	Distance = 5000m			Distance = 7000m		
		10'T1			10'T1	
		Stretching 10'			Stretching 10'	

APOEL - Week: 24 - (Competition phase) - (from 04-Jun-17 to 10-Jun-17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50'T1	40'T2	20'T2	40'T2	30'T2	20'T2	Race
6 X 100m	6 X 100m	Stretching 10'	6 X 100m	6 X 100m	6 X 100m	
Stretching 10'	Stretching 10'	Running drills: 4' 6 X 100m 8 X 400m 400m = 00:01:31 Standing Rest: 80" Distance = 3200m 10' T1 Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	