

# SPORT SUPPORTER

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

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30' 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		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 = 00:00:42			500m = 00:01:58	
		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 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
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 = 00:00:41			600m = 00:02:19	
		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 22-Jan-17 to 28-Jan-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35' T2  3 X 60m	20' T2  Stretching 10'  2 X 7' General Strength  1 X 60m after each set	25' T2  Stretching 10'  3 X 60m  12 X 200m  200m = 00:00:42  Jogging Rest: 95"  Distance = 2400m  10' T1	35' T2  3 X 60m	20' T2  Stretching 10'  2 X 7' General Strength  1 X 60m after each set	25' T2  Stretching 10'  3 X 60m  7 X 700m  700m = 00:02:44  Standing rest: 140"  Distance = 4900m  10' T1	55' T2  3 X 60m



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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
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 = 00:00:54			800m = 00:03:12	
		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 05-Feb-17 to 11-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 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 = 00:01:03			900m = 00:03:33	
		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 12-Feb-17 to 18-Feb-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T2	25' T2	30' T2	40' T2	25' T2	30' T2	60' 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 = 00:01:04			1000m = 00:03:58	
		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 19-Feb-17 to 25-Feb-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
45' T2	30' T2	30' T2	45' T2	30' T2	30' T2	65' 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 = 00:01:05			1100m = 00:04:30	
		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 26-Feb-17 to 04-Mar-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50' T2 5 X 80m	30' T2  Stretching 10'  2 X 12' Circuit Training  2 X 80m after each set	30' T2  Stretching 10'  5 X 60m  12 X 350m  350m = 00:01:15  Jogging Rest: 70"  Distance = 4200m  10' T1	50' T2 5 X 80m	30' T2  Stretching 10'  2 X 12' Circuit Training  2 X 80m after each set	30' T2  Stretching 10'  5 X 60m  5 X 1200m  1200m = 00:04:49  Standing rest: 150"  Distance = 6000m  10' T1	70' T2 5 X 80m



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**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	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 = 00:01:49	Stretching 10'	450m = 00:01:38	Stretching 10'	1000m = 00:03:58	
	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 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	3 X 100m after each set	8 X 400m	3 X 100m after each set	6 X 1500m	
	700m = 00:02:37		400m = 00:01:28		1500m = 00:06:10	
	Standing Rest: 130"	Stretching 10'	Running Rest: 100"	Stretching 10'	Standing Rest: 140"	
	Distance = 5600m		Distance = 3200m		Distance = 9000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	40' T2	25' T2	40' T2	25' T2	85' 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	3 X 100m after each set	9 X 350m	3 X 100m after each set	5 X 2000m	
	900m = 00:03:20		350m = 00:01:14		2000m = 00:08:08	
	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'	

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**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'	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 = 00:04:07	Stretching 10'	300m = 00:01:03	Stretching 10'	2500m = 00:10:17	
	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 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'	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 = 00:05:02	Stretching 10'	250m = 00:00:53	Stretching 10'	3000m = 00:12:48	
	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 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'	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 = 00:05:45	Stretching 10'	200m = 00:00:41	Stretching 10'	3500m = 00:14:45	
	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 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'	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 = 00:05:49	Stretching 10'	150m = 00:00:30	Stretching 10'	4000m = 00:17:04	
	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 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'	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 = 00:06:01	Stretching 10'	100m = 00:00:20	Stretching 10'	4500m = 00:19:58	
	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 30-Apr-17 to 06-May-17 )**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	30' T2	20' T2	50' T2	90' T2	20' T2	100' T2
8 X 100m	Stretching 10'	Stretching 10'	6 X 100m	6 X 100m	Stretching 10'	8 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	
		12 X 500m			3 X 4000m	
	3 X 100m after each set	500m = 00:01:53			4000m = 00:16:04	
	Stretching 10'	Running Rest: 70"			Standing Rest: 180"	
		Distance = 6000m			Distance = 12000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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**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'
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 = 00:01:31				10000m = faster than 00:38:23
		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 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	3 X 100m after each set		2 X 5000m	
		500m = 00:01:53			5000m = 00:19:24	
		Standing Rest: 60"	Stretching 10'		Standing Rest: 150"	
		Distance = 6000m			Distance = 10000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	50' T2	20' T2	40' T2	30' T2	20' T2	20' T2
6 X 100m	6 X 100m	Stretching 10'	6 X 100m	6 X 100m	6 X 100m	Stretching 10'
Stretching 10'	Stretching 10'	Running drills: 4'	Stretching 10'	Stretching 10'	Stretching 10'	Running drills: 2'
		6 X 100m				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'



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**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: 180"	
		Distance = 5000m			Distance = 7000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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**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'	Stretching 10'	Stretching 10'	Stretching 10'	
		6 X 100m				
		8 X 400m				
		400m = 00:01:31				
		Standing Rest: 80"				
		Distance = 3200m				
		10' T1				
		Stretching 10'				