



Training Schedule Guide

Templates and examples



Building a sustainable and efficient weekly schedule is key for footballers. It will help you organise your time, organise your sessions and maximise your rest and recovery for optimal performance on matchdays. Most importantly, it will ensure that you train smart and avoid burnout, and for the lazier ballers out there, it will help you to hold yourself accountable by providing you with a clear list of what you need to do for the day.

I have provided three separate examples of what a week of training and recovery should look like for any aspiring footballer. These examples are only there for guidance and are not a one size fits all format, so feel free to simply use them as a tool to help you build your own personalised schedule, but the main takeaway is that you should have a minimum of 1-2 lower body rest days per week, and definitely one day of complete rest within that. You should also be doing around two Upper body sessions per week in order to build and maintain strength and core stability, as well as at least one proper, intense lower body Gym Session to strengthen your legs, become more explosive and avoid injury.

I have provided a free template on the final slide for you to utilise. Hope this helps, if you have any queries or uncertainties about anything, feel free to DM me @coaching_with_denis on Instagram and I'll be happy to help!

EXAMPLE 1

- Team Training x3
- Saturday Matchday

Saturday Matchday (e.g. Junior Academy/Professional Team)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scheduled Team Sessions	Team Training (2hrs)		Team Training (2hrs)		Team Training (2hrs)	Matchday	
Extra Individual Work	- Upper Body Gym Session	- Lower Body Gym Session		- Upper Body Gym Session - Individual Technical Session	- Match Prep (Stretching, Band Work, etc.)	- Foam Rolling - Cold/Contrast Shower	- Rest Day - Stretching Routine

EXAMPLE 2

- Team Training x3
- Wednesday Matchday

Wednesday Matchday (e.g. U18s Academy)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scheduled Team Sessions	Team Training (2hrs)	Team Training (2hrs)	Matchday		Team Training (2hrs)		
Extra Individual Work		- Match Prep (Stretching, Band Work, etc.)	- Foam Rolling - Cold/Contrast Shower	- Rest Day - Stretching Routine	- Upper Body Gym Session	- Lower Body Gym Session - Individual Technical Session	- Upper Body Gym Session

EXAMPLE 3

- Team Training x2
- Sunday Matchday



Sunday Matchday (e.g. Sunday League Team)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scheduled Team Sessions			Team Training (2hrs)		Team Training (2hrs)		Matchday
Extra Individual Work	- Rest Day - Stretching Routine	- High Intensity Group/Partner Session	- Lower Body Gym Session	- Upper Body Gym Session - Individual Technical Session		- Light Technical Session - Match Prep	-Cold/Contrast Shower

Coaching With Denis 	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scheduled Team Sessions							
Extra Individual Work							

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