

PRE-SEASON TRAINING GUIDE

WEEK 1 2 3 4 **5** 6

IN ASSOCIATION WITH



FourFourTwo
PERFORMANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	8am Breakfast Overnight oats and peanut butter http://fft.sm/XOE0m6	8am Breakfast Protein pancakes http://fft.sm/XOE0m6	8am Breakfast Mixed veg omelette and avocado http://fft.sm/XOE0m6	8am Breakfast Scrambled egg on rye bread http://fft.sm/XOE0m6	8am Breakfast Blueberry and almond smoothie http://fft.sm/XOE0m6	8am Breakfast Greek yoghurt, berries and nut butter http://fft.sm/XOE0m6	8am Breakfast Ham and mushroom omelette http://fft.sm/XOE0m6
SNACK	10.30am Mid-morning snack Green smoothie http://fft.sm/bFayxx	10.30am Mid-morning snack Fresh pineapple and mango salad http://fft.sm/bFayxx	10.30am Mid-morning snack None	10.30am Mid-morning snack Fresh watermelon and pineapple http://fft.sm/bFayxx	10.30am Mid-morning snack Hummus and sliced pepper http://fft.sm/bFayxx	10.30am Mid-morning snack Green smoothie http://fft.sm/bFayxx	10.30am Mid-morning snack None
WORKOUT	12pm Gym workout Rest day	12pm Gym Week 5 workout http://fft.sm/F8fShy	12pm Gym Rest	12pm Gym Week 5 workout http://fft.sm/F8fSh	12pm Gym workout Week 5 workout http://fft.sm/F8fSh	12pm Gym Week 5 workout http://fft.sm/F8fSh	12pm Gym workout Rest day
LUNCH	1pm Lunch Chicken Caesar salad http://fft.sm/EJZZX8	1pm Lunch Chicken, peppers, hummus and wholemeal wraps http://fft.sm/EJZZX8	1pm Lunch Chicken, beetroot and potato salad http://fft.sm/EJZZX8	1pm Lunch Steak and salad sandwich with seeded bread http://fft.sm/EJZZX8	1pm Lunch Three bean chilli soup http://fft.sm/EJZZX8	1pm Lunch Spicy Mexican beef and rice http://fft.sm/EJZZX8	1pm Lunch Cajun salmon with roasted vegetables and broccoli http://fft.sm/EJZZX8
SNACK	3.30pm Snack Hummus and roasted peppers http://fft.sm/bFayxx	3.30pm Snack Sushi http://fft.sm/bFayxx	3.30pm Snack Apple slices with peanut butter http://fft.sm/bFayxx	3.30pm Snack Sweet potato brownie http://fft.sm/bFayxx	3.30pm Snack Apple slices with peanut butter http://fft.sm/bFayxx	3.30pm Snack Sweet potato brownie http://fft.sm/bFayxx	3.30pm Snack Fresh watermelon and pineapple http://fft.sm/bFayxx
WORKOUT	6pm Technical session Ball mastery http://fft.sm/Hh86Cf First touch http://fft.sm/rZJV2H	6pm Technical session Ball mastery http://fft.sm/Hh86Cf Passing http://fft.sm/W96Sov	6pm Technical session Rest	6pm Technical session Ball mastery http://fft.sm/Hh86Cf Running with the ball http://fft.sm/Cy3gom	6pm Technical session Ball mastery http://fft.sm/Hh86Cf 1 v 1 http://fft.sm/dgkKqT	6pm Technical session Ball mastery http://fft.sm/Hh86Cf Shooting http://fft.sm/81KTZC	6pm Technical session Rest
DINNER	7.30pm Dinner Beef stir-fry with egg noodles http://fft.sm/7JxDra	7.30pm Dinner Wholegrain spaghetti and sausage meatballs http://fft.sm/7JxDra	7.30pm Dinner Thai spiced chicken and quinoa http://fft.sm/7JxDra	7.30pm Dinner Pesto pasta, chicken, asparagus, and peas http://fft.sm/7JxDra	7.30pm Dinner Jerk chicken with rice and peas, plus corn on the cob http://fft.sm/7JxDra	7.30pm Dinner Chicken fajitas with guacamole http://fft.sm/7JxDra	7.30pm Dinner Chicken, sweet potato wedges and broccoli http://fft.sm/7JxDra

TWEET @FFTPERFORMANCE AND UPDATE US WITH YOUR PROGRESS USING #LIKEAPRO

