

	Minggu	Senin	Selasa	Rabu	Kamis	Jumat	Sabtu	Minggu
8.00			LIBUR	Individual Training Rehab Individu	Individual Training Rehab Individu		Travelling	Individual Training Breakfast
9.00		Latihan Pemain Cadangan Injury Aesessment Pemain Inti		Sesi Video: Evaluasi Presentasi Program Mingguan Latihan Team Rehab Integrasi Parsial	Latihan Team Rehab Integrasi Parsial			
10.00		Recovery Training Pemain Inti						
11.00		Shower Massage Injury Treatment, dll		Shower Massage Injury Treatment, dll	Shower Massage Injury Treatment, dll			
12.00	Pre Match Meeting Makan Siang	Makan Siang		Makan Siang	Makan Siang		Makan Siang	Pre Match Meeting Makan Siang
13.00		Pemain Pulang						
14.00	Travel to Stadium	Rapat Staf - Presentasi Analisa - Presentasi Medis - Diskusi Program		Sesi Video 1on1: Individu Individual Training		Sesi Video 1on1: Individu Individual Training Rehab Individu	Sesi Video 1on1: Individu Individual Training Rehab Individu	Travel to Stadium
15.00		- Pembuatan Program Mingguan - Pembuatan Program Individu - Presentasi ke Manajer Umum				Sesi Video: Analisa Lawan Latihan Team Rebah Integrasi Parsial	Latihan Team	
16.00	PERTANDINGAN							
17.00								
18.00								
19.00	Travel back to Hotel Icebath Dinner Protein Intake					Makan Malam	Travel back to Hotel Icebath Dinner Protein Intake	
20.00								