



OPTIMAL TRAINING FREQUENCY CHART

COMPETITIVE ENVIRONMENT	LOW	MEDIUM	HIGH
	(TRAINING/PLAYING SOCCER 3 DAYS PER WEEK OR LESS)	(TRAINING/PLAYING SOCCER 4-5 DAYS PER WEEK)	(TRAINING/PLAYING SOCCER 5-6 DAYS PER WEEK)
OPTIMAL TRAINING FREQUENCY (# OF DAYS TRAINING WITH SOCCER FITNESS PER WEEK)	3	2	1