

Training – Physical preparation of a female team for ECh or WCh

First of all I would like to point out that it is difficult to make a physical preparation before a big

tournament. All players have their own program with the club teams! Most important is maintenance.

You can choose:

1. every individual player continues with their own/club program
2. team training; for example circuit training (20', 25', 30')

1. Warming-up

- Running exercises
- Stretches
- Running exercises after stretches (high frequency)
- Core stability

2. Circuit training (3 x 20', 25', 30')

- Different exercises