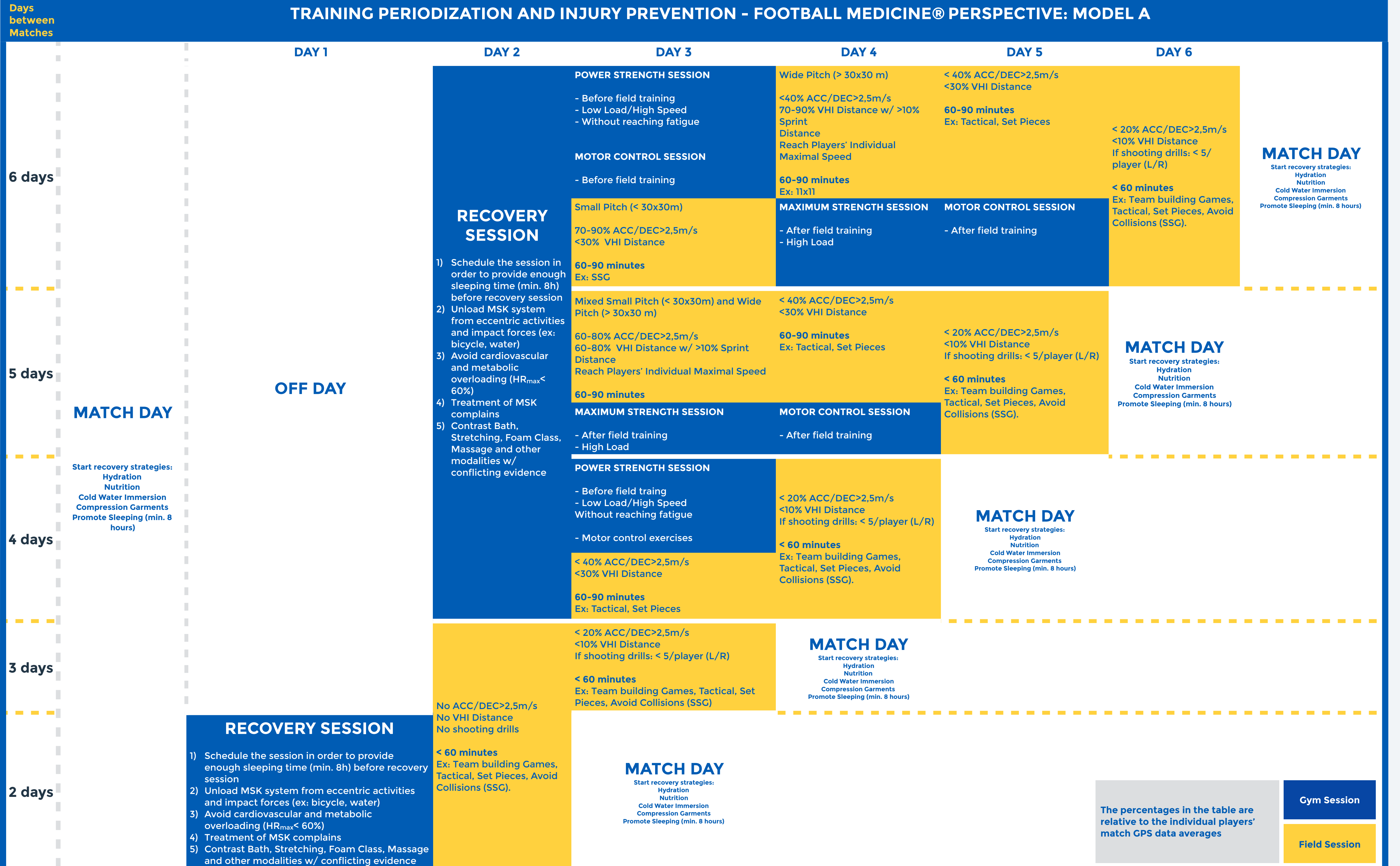


# TRAINING PERIODIZATION AND INJURY PREVENTION - FOOTBALL MEDICINE® PERSPECTIVE: MODEL A

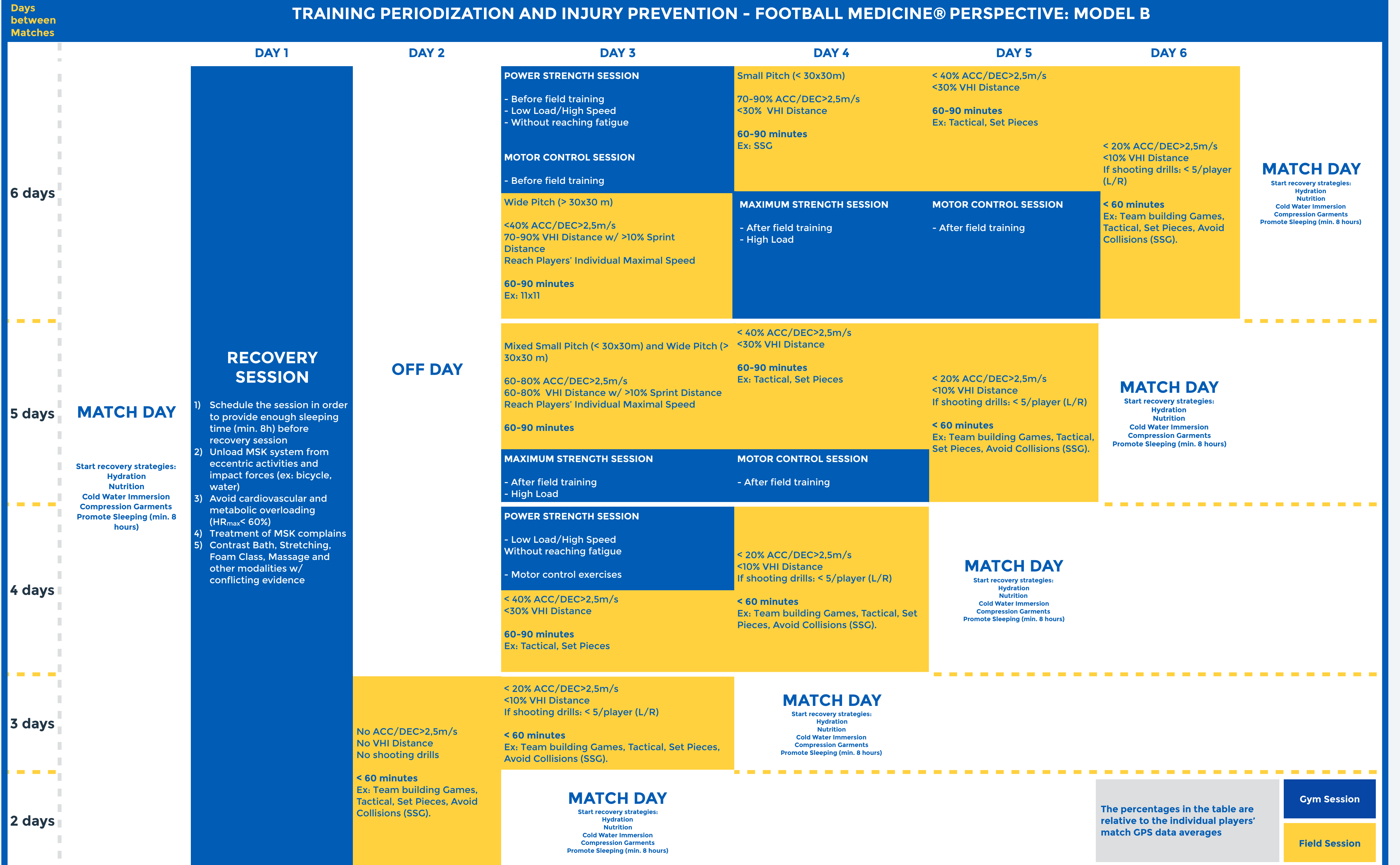


The percentages in the table are relative to the individual players' match GPS data averages

**Gym Session**

**Field Session**

## TRAINING PERIODIZATION AND INJURY PREVENTION - FOOTBALL MEDICINE® PERSPECTIVE: MODEL B



The percentages in the table are relative to the individual players' match GPS data averages

**Gym Session**

**Field Session**