

Week 1 - 4

Training 2x/week

15 mins warm-up

2 x 15 mins games



Week 5 - 8

Training 2x/week

15 mins warm-up

3 x 15 mins games



Week 9 - 12

Training 3x/week

15 mins warm-up

3 x 15 mins games



Week 13 - 32

Training 2x/week

15 mins warm-up

3 x 15 mins games