

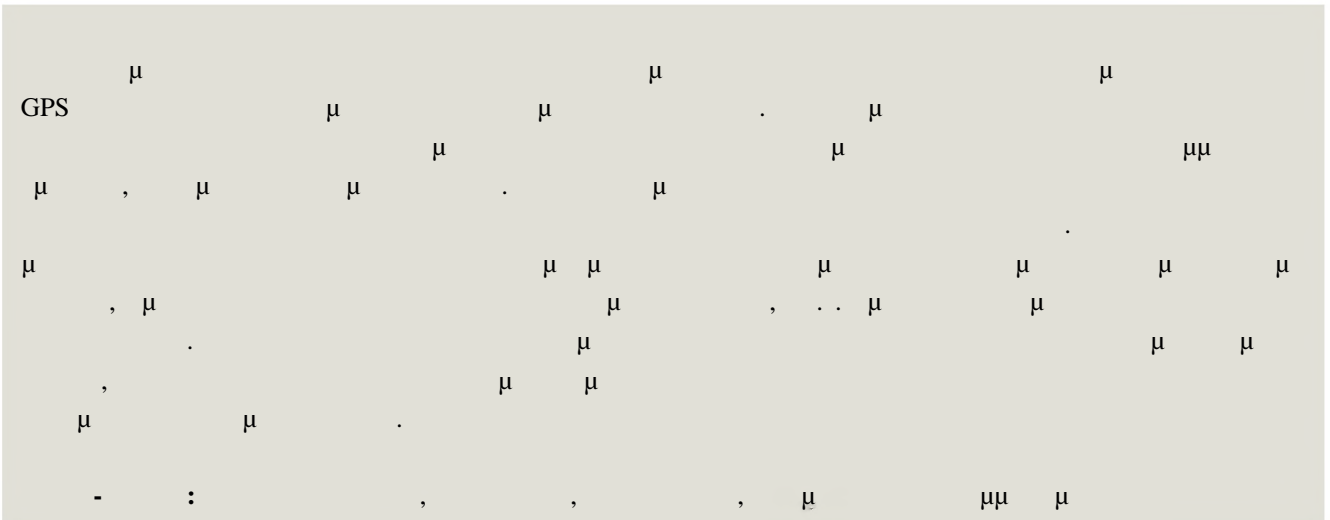


# ΑΘΛΗΣΗ & ΚΟΙΝΩΝΙΑ

ΠΕΡΙΟΔΙΚΟ ΑΘΛΗΤΙΚΗΣ ΕΠΙΣΤΗΜΗΣ

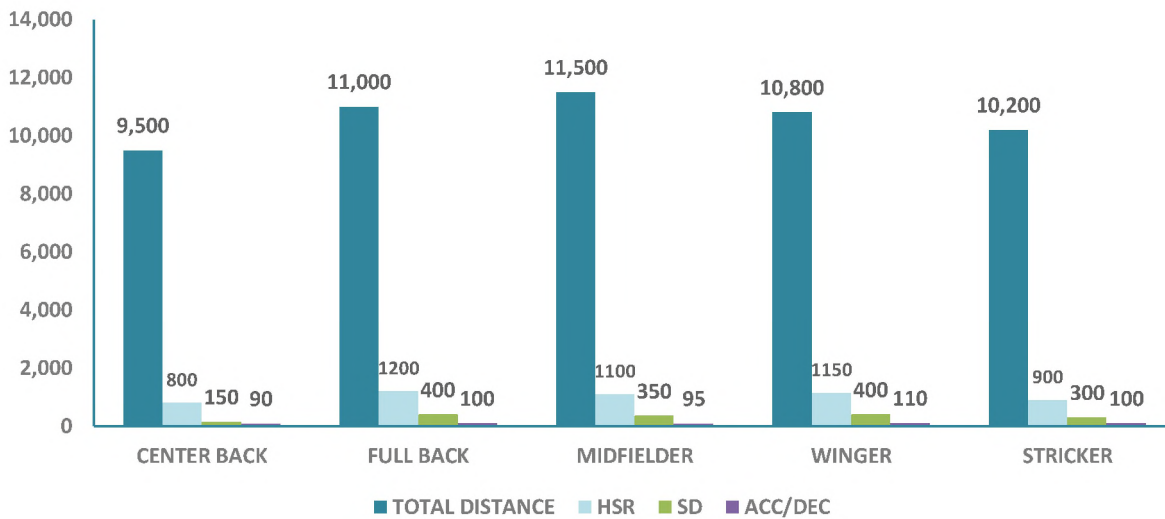
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<http://ojs.staff.duth.gr/ojs/index.php/ExSoc>

μμ  
 μ



μ  
 (Asian-Clemente et al., 2022).  
 μ  
 (Mallo et al., 2015; Szigeti et al., 2023) ( μ 1).  
 μ μ μ μ μ  
 (total distance, high speed Runnings, sprint distance, accelerations/decelerations, heart rate).  
 μ μ 1.

Διεύθυνση αλληλογραφίας: Κωνσταντίνος Παρούσης  
 Μαντζάρου 34  
 Άγιος Δημήτριος Αττικής, 17341  
 E-mail: [kostas\\_parousis@icloud.com](mailto:kostas_parousis@icloud.com)



1. (HSR: / ) , SD: , ACC/DEC: 1:

1/10	2/10	3/10	4/10	5/10	6/10	7/10	HIGH SPEED RUNNINGS
8/10	9/10	10/10	11/10	12/10	13/10	14/10	
15/10	16/10	17/10	18/10	19/10	20/10	21/10	
22/10	23/10	24/10	25/10	26/10	27/10	28/10	SPRINT DISTANCE

2. (Casamichana et al., 2022),

- TOTAL DISTANCE: 9-11
- HSR: 600-1200
- SPRINT DISTANCE: 150-300
- ACC/DEC(>2M/S<sup>2</sup>): 80-120

- TOTAL DISTANCE: 180-200%
- HSR: 80-110%
- SPRINT DISTANCE: 80-100%
- ACC/DECC(>2M/S<sup>2</sup>): 180-200%





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## Use of the external load data for the design of the weekly and monthly training plan

**Konstantinos Parousis**

Football Strength and Conditioning Coach, AEK Athens

### Abstract

The systematic recording and use of training load data with GPS technology are common practice in professional football. The individual activity profiles of the players and their playing position are taken into account in the design of the training program on a daily, weekly and monthly basis. Periodization of training load is necessary in order to maintain players' performance at a high level during the entire season. This is achieved by selecting drills and games with a set number of players and pitch dimensions, in which a selected training load variable is maximized, e.g. a high number of accelerations and decelerations. By recording the individual training load and by setting certain training load targets, players may perform complementary training to achieve their daily or weekly targets.

**Keywords:** training load, accelerations, decelerations, weekly training plan

Corresponding address:

Konstantinos Parousis  
Mantzarou 34  
Agios Dimitrios Attiki

E-mail:

[kostas\\_parousis@icloud.com](mailto:kostas_parousis@icloud.com)