

Table I - Home physical training recommendations for soccer players

Physical Variable	Study	Original sample	Original protocols	Home training recommendations						
				Workouts	Weekly frequency	Sets	Repetitions	Rest (sec)	Session Duration (min)	RPE (a.u.)
Intermittent endurance	Rabbani <i>et al.</i> [19]	Semi-professional	2x3 min (15'' high intensity and 15'' interval)	Stationary run; Mountain climbers; Quick feet forward and back; Quick feet and outs	2-3	20-30	30''	30'' passive	~20-30'	8-10 All-out
Muscular power	Michailidis <i>et al.</i> [20]	Young athletes	4 exercises performed in 2 to 4 sets (separated by rest intervals of 90 to 180 seconds) of 5 to 10 repetitions per set	Explosive action high execution speed (double and/or single leg): Ski jump; vertical/horizontal jumps; lateral bound; split jumps; drop jumps; jumps + straight line (5 meters)	2-3	2-4	4-8	120'' passive	~30-40'	5-7
Muscular strength	Loturco, Ugrinowitsch [21]	Professional	Half-squat exercise during first 3 weeks: wk1 – 4 sets x 8 rep (50% 1RM); wk2 - 4 sets x 8 rep (65% 1RM); wk3 - 4 sets x 8 rep (80% 1RM)	Nordic; Reverse Nordic; Push up; Squats; Steps up on bench; calf exercises; Copenhagen Adduction exercise	2-3	2-4	8-12	90'' passive	~30-40'	5-7

Accelerations/ decelerations	Buchheit and Laursen [22]	Professional	Straight line, change-of-direction (COD), COD + jump	Straight line (5-10 meters), COD (10-15 meters)	2-3	Until self-perceived loss of speed	Until self-perceived loss of speed	90'' passive	~15-20'	8-10 All-out
Flexibility	Oliveira <i>et al.</i> [23]	Young athletes	Each series of exercises was composed of 30s of maintenance in the elongated position, followed by a 30s interval	Static stretching; passive stretching; ballistic stretching; proprioceptive neuromuscular facilitation (FNP)	2-3	2-3	2-3	30'' passive	~15-20'	2-5

PSE = Rating of

Perceived Exertion; 1RM; a.u. = Arbitrary Units

Chart 1 - Example of home training programming over one weekly microcycle for soccer players

Microcycle		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly TRIMP (a.u.)	Monotony (a.u.)
AM	Workouts	Combine a movement with a stimulus to react to, e.g. the colored ball-catching exercise. Compete against a companion (3 challenges)	REST	Self-confrontation/explicitation interview in pairs or debates in sub-groups. Objective: give a context to an action to train (3 actions)	REST	REST	Combine a technical drill with a stimulus to react to, e.g. volleys or headers giving a direction according to a cue. Compete against a companion (3 challenges)	REST	1620-2290	1.70-1.86
	RPE (a.u.)	3-4		1			5-7			
	Session Duration (min)	30		30			30			
	TRIMP (a.u.)	90-120		30			150-210			

PM	Workouts	<p>Balance, Flexibility, Hip Mobility (2x1´ each) Shoulder Gators; Knee Hugs Alternating; Dynamic Hamstring Stretching Alternating; World´s Greats Stretch Alternating</p> <p>Stability/Activation (3x30´´/30´´ rest) Plank; Airplanes (right and Lift Leg); Balance on a single leg with your eyes closed</p> <p>Hip Mobility (2x1´ each) Hip Cradles Alternating; Lateral Hip Openers; Reverse lunge Reaches Alternating</p>	<p>Muscular Strength, Dynamic Mobility (2x1´ each) Knee Hugs Alternating; Inchworms; World´s Greats Stretch Alternating; Inchworms; World´s Greats Stretch</p> <p>Alternating; Dynamic Chest Stretch;</p> <p>Stability/Activation (3x30´´/30´´ rest) Lateral Plank</p> <p>Muscular Power (3-4x 6-8/ 120´´ rest) Explosive action high execution speed (double and/or single leg): Ski jump; vertical/horizontal jumps; lateral bound; split jumps; drop jumps</p> <p>Acc/Dess Run Straight-line (5m with 2m deceleration); Run change-of-direction (3m+3m+3m+3m with 1m deceleration)</p> <p>Flexibility Static Stretching</p>	<p>Muscular Power, Dynamic Mobility (1x1´ each) Knee Hugs Alternating; Inchworms; World´s Greats Stretch Alternating; Dynamic Chest Stretch;</p> <p>Stability/Activation (3x30´´/30´´ rest) Lateral Plank</p> <p>Muscular Power (3-4x 6-8/ 120´´ rest) Explosive action high execution speed (double and/or single leg): Ski jump; vertical/horizontal jumps; lateral bound; split jumps; drop jumps</p> <p>Acc/Dess Run Straight-line (5m with 2m deceleration); Run change-of-direction (3m+3m+3m+3m with 1m deceleration)</p>	<p>Muscular Strength, Dynamic Mobility (2x1´ each) Knee Hugs Alternating; Inchworms; World´s Greats Stretch Alternating; Dynamic Chest Stretch;</p> <p>Stability/Activation (2x30´´/30´´ rest) Plank; Airplanes (right and Lift Leg); Balance on a single leg with your eyes closed</p> <p>Muscular Strength (2-3x 8-10/ 90´´ rest) Squat; Push Up; Dynamic Hip Lifts;</p> <p>Steps up on bench; calf exercises</p> <p>Flexibility Static Stretching</p>	<p>Muscular Power, Dynamic Mobility (1x1´ each) Knee Hugs Alternating; Inchworms; World´s Greats Stretch Alternating; Dynamic Chest Stretch;</p> <p>Stability/Activation (3x30´´/30´´ rest) Lateral Plank</p> <p>Muscular Power (3-4x 6-8/ 120´´ rest) Explosive action high execution speed (double and/or single leg): Ski jump; vertical/horizontal jumps; lateral bound; split jumps; drop jumps</p> <p>Acc/Dess Run Straight (5m with 2m deceleration); Run change-of-direction (3m+3m+3m+3m with 1m deceleration)</p>	<p>Intermittent Endurance, Dynamic Mobility (2x1´ each) Dynamic Chest Stretch; Hurdle Steps Alternating</p> <p>Knee Hugs Alternating; World´s Greats Stretch Alternating</p> <p>Stability/Activation (3x30´´/30´´ rest) Lateral Plank</p> <p>Muscular Power (3-4x 6-8/ 120´´ rest) Explosive action high execution speed (double and/or single leg): Ski jump; vertical/horizontal jumps; lateral bound; split jumps; drop jumps</p> <p>Acc/Dess Run Straight (5m with 2m deceleration); Run change-of-direction (3m+3m+3m+3m with 1m deceleration)</p>	<p>REST</p>		
	RPE (a.u.)	2-4	5-7	5-7	3-5	5-7	8-10			
	Session Duration (min)	30	60	60	50	60	30			
	TRIMP (a.u.)	60-120	300-420	300-420	150-250	300-420	240-300			

BM = before midday; AM = After Midday; RPE = rating of perceived exertion