

TARİH: 08/09/2024**AD-SOYAD:** OrtoSporLab OrtoSporLab**BRANŞ:** Futbol - Forvet

1-4 HAFTA ÖRNEK ANTRENMAN PROGRAMI

PAZARTESİ (Maksimal Kuvvet + Core)

1. Warm-up (20 min):

- Dinamik stretching
- Mobility drills
- Activation exercises

2. Ana Program (60 min):

- Back Squat: 4x6 (%70-75 1RM)
- Romanian Deadlift: 4x8 (%65-70 1RM)
- Single Leg Press: 3x10 (her bacak)
- Copenhagen Plank: 3x30s (her taraf)
- Dead Bug: 3x12
- Bird Dog: 3x10 (her taraf)

3. Cool-down (15 min):

- Static stretching
- Foam rolling

ÇARŞAMBA (Pliometrik + Denge)

1. Warm-up (20 min):

- Dynamic movement prep
- Jump rope
- Ankle mobility work

2. Ana Program (50 min):

- Box Jumps: 3x6
- Single Leg Hops: 3x8 (her bacak)
- Lateral Bounds: 3x6 (her yön)
- BOSU Balance Work: 3x30s
- Single Leg Stability: 3x30s (her bacak)
- Y-Balance Practice: 3x5 (her yön)

3. Cool-down (15 min):

- Light jogging
- Stretching

CUMA (Hız + Çeviklik)

1. Warm-up (25 min):

- Dynamic stretching
- Speed ladder drills
- A-skips, B-skips

2. Ana Program (45 min):

- 10m Accelerations: 6x
- Pro Agility Drill: 4x
- Cone Drills: 3 set
- Small-sided Games: 3x4 min
- Sprint Technique Work: 20 min

3. Cool-down (15 min):

- Light jogging
- Static stretching

4-8 HAFTA ÖRNEK ANTRENMAN PROGRAMI

PAZARTESİ (Maksimal Kuvvet + Pliometrik)

1. Warm-up (20 min):

- Dynamic preparation
- Mobility work
- Activation exercises

2. Ana Program (65 min):

- Front Squat: 4x5 (%75-80 1RM)
- Trap Bar Deadlift: 4x6 (%75-80 1RM)
- Split Squat: 3x8 (her bacak)
- Depth Jumps: 3x6
- Box Jumps to Sprint: 4x4
- Lateral Bounds: 4x4 (her yön)

3. Cool-down (15 min):

- Mobility work
- Foam rolling

ÇARŞAMBA (Güç + Stabilizasyon)

1. Warm-up (20 min):

- Movement prep
- Band work
- Core activation

2. Ana Program (55 min):

- Power Cleans: 4x4 (%70-75 1RM)
- Jump Squats: 4x6
- Single Leg RDL: 3x10 (her bacak)
- Stability Ball Exercises: 3x30s
- Turkish Get-up: 3x3 (her taraf)
- Anti-rotation Press: 3x12

3. Cool-down (15 min):

- Static stretching
- Recovery work

CUMA (Sürat + Çeviklik + Dayanıklılık)

1. Warm-up (20 min):

- Dynamic stretching
- Agility ladder
- Sprint drills

2. Ana Program (50 min):

- 20m Sprints: 6x
- Change of Direction Drills: 4x
- Reactive Agility Work: 3x4
- High-intensity Intervals: 6x30s/30s
- Position-specific Drills: 15 min

3. Cool-down (15 min):

- Light jogging
- Stretching

8-12 HAFTA ÖRNEK ANTRENMAN PROGRAMI

PAZARTESİ (Kompleks Antrenman)

1. Warm-up (20 min):

- Dynamic preparation
- Movement patterns
- Neural activation

2. Ana Program (70 min):

- Complex 1:
- * Back Squat: 4x4 (%85 1RM)
- * Box Jumps: 4x4
- Complex 2:
- * RDL: 4x5 (%80 1RM)
- * Bounds: 4x4
- Complex 3:
- * Split Squat: 3x6 (her bacak)
- * Single Leg Jumps: 3x4

3. Cool-down (15 min):

- Mobility work
- Recovery protocols

ÇARŞAMBA (Güç + Çeviklik)

1. Warm-up (20 min):

- Movement prep
- Plyometric preparation
- Speed mechanics

2. Ana Program (60 min):

- Olympic Lift Variations: 4x3
- Reactive Strength Drills: 4x4
- Multi-directional Speed Work: 6x
- Sport-specific Agility: 4x
- Power Endurance Circuits: 3 rounds

3. Cool-down (15 min):

- Recovery work
- Mobility

CUMA (Performans + Dayanıklılık)

1. Warm-up (20 min):

- Dynamic warm-up
- Movement preparation
- Speed drills

2. Ana Program (55 min):

- Sprint-based Intervals: 8x30m
- Change of Direction Games: 4x3min
- Position-specific Drills: 20min
- Small-sided Games: 4x4min
- Power Endurance Work: 2 rounds

3. Cool-down (15 min):

- Light activity
- Stretching
- Recovery protocols