

Microcycle 40

Competitive Season

Report Type: Microcycle

Equipa A

Club: Beira Mar

Coach: Gabriel Abreu

Period: 2026-05-04 - 2026-05-10

Created by [Fractall.fit](https://fractall.fit)



Mon May 4	Wed May 6	Thu May 7	Fri May 8	Sat May 9	Sun May 10
MD-6 MD+1 15:30 / 90 min Tactical/technical: Recovery and Extra-work Physical: Gym Session Values of the game for who didn't play	MD-4 MD-4 15:30 / 90 min Tactical/technical: SSG Defensive Transition Physical: Maximal Strength in the GYM Acc and Desa	MD-3 15:30 / 90 min MD-3 Tactical/technical: Offensive and Defensive Organization Offensive Set Pieces Physical: HSR Distance Maximal Speed Similar values to the game	MD-2 15:30 / 60 min Tactical/technical: Offensive and Defensive Transitions Offensive Superiority Shoting Drills Physical: Sprint Values Lower Density higher Intensity	MD-1 15:30 / 60 min Tactical/technical: Offensive and Defensive Orgniazation Drills Set Pieces Physical: Tapering Reaction Drills	MD GAME 15:30 / 90 min