

Supplementary material 2. Recommendations to foster football players' fitness levels by controlling health risks after COVID-19 pandemic.

	Retraining phase	Performance phase
Main goal	Reconditioning and injury prevention	Adaptation to football-specific movements and running actions
Organisation	Individual exercises, in pairs or in small groups (up to 6 players)	Game specific workouts in small groups until the obtaining of brief simulated competitions with 11-players per side
Length	5-7 days	9-21 days
Frequency	5-6 sessions/week	5-6 sessions/week
Density	1 session/day	1 or 2 sessions/day, alternating demanding and recovery sessions
Duration	35-50 minutes/session	35-60 min/session
Location	Gymnasium and football pitch	Mostly in football pitch
Load management	Progressive increase in the frequency, volume and intensity	Increasing exercise intensity with intermittent activities Longer duration of each repetition while gradually decreasing the number of repetitions
Recovery	Complete or almost-complete recovery	Incorporate incomplete recovery during intermittent exercise in a progressive manner

Specific aims	<p>Prioritisation of exercises without opposition-contact</p> <p>Progress in number of decision-making processes</p> <p>Alternate physical / motor skills</p> <p>Progress in design of specific agility exercises (reaction; changes of direction, etc) gradually increasing the distance of the movements</p> <p>Progress in the design of exercises with the ball, tending towards moderate number of contacts and low power kicking actions</p>	<p>Exercises in medium and large-sized groups, increasing playing spaces</p> <p>Incorporation of exercises with natural joint movements</p> <p>Increase speed of movements</p> <p>Increase distance of the running actions</p> <p>Inclusion of exercises with acceleration / deceleration</p> <p>Progress in exercises facing opposition</p> <p>In the design of ball exercises, tending towards the least number of contacts with the ball</p>
Internal load	<p>Measures of subjective perception of exertion (such as session rate of perceived exertion, <i>sRPE</i>) and muscle fatigue.</p> <p>Control of acute load</p>	<p>Measures of subjective perception of exertion (<i>sRPE</i>) and muscle fatigue</p> <p>Control of acute and chronic workloads</p>
Limitations	<p>Avoid tasks that require ample joint movements</p> <p>Avoid long distance sprint manoeuvres</p> <p>Avoid maximal acceleration/decelerations</p> <p>Avoid sizeable backlogs of work on consecutive days</p>	<p>During the initial sessions, avoid running at maximum speed for more than 20 metres</p> <p>During the initial sessions, avoid kicking the ball with maximum intensity</p> <p>Avoid accumulation of physical load before the first competitive match</p>