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Having a good preseason is essential in Football Manager. During

the preseason your main goals are gelling the squad and improve fitness levels. In this Football Manager Guide we will give some hints and tips about a preseason setup. We will be discussing training, scheduling friendlies and picking squads. Picking a start date

How to setup your preseason - Football Manager 2021

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Perform each of the workouts (I, II, III, and IV) once per week. Try

and schedule your training so that you perform workouts I and II on back-to-back days, and then rest a day after that. Perform workouts III and IV on back-to-back days, followed by two days off.

The Football Body Workout Routine | Muscle & Fitness

There are a small selection of game modes within Football Manager, we'll be discussing the main classic game mode throughout this beginner's guide. Career This is the classic Football Manager game mode with the most in-depth game play. It is completely offline, other than being able to view the high scores. Fantasy Draft

Beginner's Guide To Football Manager 2021 | Tips & Tricks

1. Go long-distance running 1-2 times a week to stay in shape. Roughly 1-2 times a week, do some long-distance running to stay healthy, fit, and improve your endurance. Run for 15-30 minutes depending on your stamina.