

# ---Summer Strength/Conditioning Schedule---

<u>Day:</u>	<u>Start Time:</u>	<u>End Time:</u>
<b>Mondays-Fridays</b>		
<i>Session 1:</i>	6:00 AM	7:00 AM
<i>Session 2:</i>	7:00 AM	8:00 AM
<i>Session 3:</i>	8:00 AM	9:00 AM
<i>Session 4:</i>	9:00 AM	10:00 AM
<i>Session 5:</i>	10:00 AM	11:00 AM
<i>Session 6:</i>	11:00 AM	Noon

## Weekly Schedule:

- Mondays --- Lower Body Lifting Day
- Tuesdays --- Upper Body Lifting Day
- Wednesdays --- Athletic Performance/Conditioning
- Thursdays --- Lower Body Lifting Day
- Fridays --- Upper Body Lifting Day

## Important Dates:

- May 31 & June 1 --- Athletic Pre-Testing (all athletes encouraged to complete)
- June 4 --- Opening Day
- July 2 – 6 --- Closed (holiday & recovery)
- August 10 --- Closing Day
- August 14 & 15 --- Athletic Post-Testing (all athletes encouraged to complete)

## Athletic Testing:

- Squat
- Bench Press
- Vertical Jump
- 40 Yard
- Pro-Agility
- 400
- Body Fat

*The easiest way to be better is to be bigger, faster & stronger than the other guys*