

Key



Lifting



Aerobic conditioning



Anaerobic conditioning

May 2013

	Tue 30	Wed 1	Thu 2	Fri 3	Sat 4	Sun 5
Mon 6	Tue 7	Wed 8	Thu 9	Fri 10	Sat 11	Sun 12
Mon 13	Tue 14	Wed 15	Thu 16	Fri 17	Sat 18	Sun 19
Mon 20 Strength Endurance Day 1	Tue 21 Aerobic Conditioning 3	Wed 22 Strength Endurance Day 2	Thu 23 Rest	Fri 24 Strength Endurance Day 3 3 x 5g Creatine (loading)	Sat 25 Rest 3 x 5g Creatine (loading)	Sun 26 Rest 3 x 5g Creatine (loading)
Mon 27 Strength Endurance Day 1 3 x 5g Creatine (loading)	Tue 28 Aerobic Conditioning 3 3 x 5g Creatine (loading)	Wed 29 Strength Endurance Day 2 3 x 5g Creatine (loading)	Thu 30 Rest 3 x 5g Creatine (loading)	Fri 31 Strength Endurance Day 3 3 x 5g Creatine (loading)		

June 2013

					Sat 1 Rest 3 x 5g Creatine (loading)	Sun 2 Rest 3 x 5g Creatine (loading)
Mon 3 Hypertrophy Day 1 1 x 5g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Tues 4 Hypertrophy Day 2 1 x 5g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Wed 5 Hypertrophy Day 3 1 x 5g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Thurs 6 Rest 1 x 5g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Fri 7 Hypertrophy Day 4 1 x 5g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Sat 8 Hypertrophy Day 5 1 x 5g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Sun 9 Rest 1 x 5g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar
Mon 10 Hypertrophy Day 1 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Tues 11 Hypertrophy Day 2 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Wed 12 Hypertrophy Day 3 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Thurs 13 Rest 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Fri 14 Hypertrophy Day 4 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Sat 15 Hypertrophy Day 5 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Sun 16 Rest 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar
Mon 17 Hypertrophy Day 1 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Tues 18 Hypertrophy Day 2 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Wed 19 Hypertrophy Day 3 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Thurs 20 Rest 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Fri 21 Hypertrophy Day 4 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Sat 22 Hypertrophy Day 5 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Sun 23 Rest 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar
Mon 24 Hypertrophy Day 1 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Tues 25 Hypertrophy Day 2 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Wed 26 Hypertrophy Day 3 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Thurs 27 Rest 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Fri 28 Hypertrophy Day 4 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Sat 29 Hypertrophy Day 5 1 x 3g Creatine 2 x 2 Scoop BSN 1 x 2 Scoop Nectar	Sun 30 Rest 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar

July 2013

Mon 1 Aerobic Conditioning 4 Detox + Healthy Eating Week	Tue 2 Active Rest Detox + Healthy Eating Week	Wed 3 Aerobic Conditioning 4 Detox + Healthy Eating Week	Thu 4 Active Rest Detox + Healthy Eating Week	Fri 5 Aerobic Conditioning 4 Detox + Healthy Eating Week	Sat 6 Active Rest Detox + Healthy Eating Week	Sun 7 Active Rest Detox + Healthy Eating Week
Mon 8 Strength Day 1 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Tues 9 Strength Day 2 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Wed 10 Rest 1 x 3g Creatine 1 x 1 Scoop Nectar	Thurs 11 Strength Day 3 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Fri 12 Strength Day 4 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Sat 13 Lactate Threshold 1 x 3g Creatine 1 x 1 Scoop Nectar	Sun 14 Rest 1 x 3g Creatine 1 x 1 Scoop Nectar
Mon 15 Strength Day 1 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Tues 16 Strength Day 2 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Wed 17 Rest 1 x 3g Creatine 1 x 1 Scoop Nectar	Thurs 18 Strength Day 3 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Fri 19 Strength Day 4 1 x 3g Creatine 1 x 2 Scoop BSN 1 x 1 Scoop Nectar	Sat 20 Lactate Threshold 1 x 3g Creatine 1 x 1 Scoop Nectar	Sun 21 Rest 1 x 3g Creatine 1 x 1 Scoop Nectar
Mon 22 Strength Taper Day 1	Tues 23 Rest	Wed 24 HIIT – Cleats	Thurs 25 Strength Taper Day 1	Fri 26 Rest	Sat 27 HIIT – Cleats	Sun 28 Rest
Mon 29 Strength/Power Day 1	Tues 30 Rest	Wed 31 HIIT – Cleats				

August 2013

			Thu 1 Strength/Power Day 2	Fri 2 Rest	Sat 3 HIIT – Cleats	Sun 4 Active Recovery
Mon 6 Strength/Power Day 1 1 x 5g creatine	Tues 5 Rest 1 x 5g creatine	Wed 7 HIIT – Cleats + Mouthguard 1 x 5g creatine	Thurs 8 Strength/Power Day 2 1 x 5g creatine	Fri 9 Rest 1 x 5g creatine	Sat 10 HIIT – Cleats + Mouthguard 1 x 5g creatine	Sun 11 Active Recovery 1 x 5g creatine
Mon 12 Strength/Power Day 3 1 x 3g creatine	Tues 13 Rest 1 x 3g creatine	Wed 14 HIIT – Cleats + Mouthguard 1 x 3g creatine	Thurs 15 Rest 1 x 3g creatine	Fri 16 Rest 1 x 3g creatine	Sat 17 Active Recovery 1 x 3g creatine	Sun 18 Rest 1 x 3g creatine
Mon 19 Max testing BS BP 1 x 3g creatine	Tues 20 Pre-Season 1 x 3g creatine	Wed 21 Max Testing DL 1 x 3g creatine	Thurs 22 Pre-Season 1 x 3g creatine	Fri 23 Pre-Season 1 x 3g creatine	Sat 24 Pre-Season 1 x 3g creatine	Sun 25 Pre-Season 1 x 3g creatine
Mon 26 Pre-Season	Tues 27 Pre-Season	Wed 28 Pre-Season	Thurs 29 Pre-Season	Fri 30 Pre-Season	Sat 31 Pre-Season	

BEAT

OHIO