

Key



Lifting



Aerobic conditioning



SAQ Conditioning



Recovery



Hill Conditioning

May 2013 – UMRFC Ann Arbor 7's

<p>Mon 6 Pre-Conditioning Day 1</p> 	<p>Tue 7 Rest</p>	<p>Wed 8 Aerobic Conditioning 1</p> 	<p>Thu 9 Pre-Conditioning Day 2 + Touch 6-8pm</p> 	<p>Fri 10 Rest</p>	<p>Sat 11 Aerobic Conditioning 2</p> 	<p>Sun 12 Rest</p>
<p>Mon 13 Pre-Conditioning Day 1</p> 	<p>Tue 14 Touch 6-8pm</p>	<p>Wed 15 Aerobic Conditioning 1(am) + 7's Practice 6-7pm</p> 	<p>Thu 16 Pre-Conditioning Day 2 + Touch 6-8pm</p> 	<p>Fri 17 Rest</p>	<p>Sat 18 Aerobic Conditioning 2</p> 	<p>Sun 19 Rest</p>
<p>Mon 20 Strength Endurance Day 1</p> 	<p>Tue 21 Touch 6-7:30pm Conditioning 7:30-8pm</p> 	<p>Wed 22 7's practice 6-7pm Strength Endurance Day 2</p> 	<p>Thu 23 Touch 6-7:30pm Conditioning 7:30-8pm</p> 	<p>Fri 24 Rest- Travel to Tournament</p>	<p>Sat 25 Larrimer Cup 7's Tournament - Ohio</p>	<p>Sun 26 Rest</p>
<p>Mon 27 Strength Endurance Day 1</p> 	<p>Tue 28 Touch 6-7:30pm Conditioning 7:30-8pm</p> 	<p>Wed 29 7's practice 6-7pm Strength Endurance Day 2</p> 	<p>Thu 30 Touch 6-7:30pm Conditioning 7:30-8pm</p> 	<p>Fri 31 Rest</p>		

June 2013 – UMRFC Ann Arbor 7's

					Sat 1 Stairs/Campus/Arb Run 	Sun 2 Rest
Mon 3 7's Hypertrophy 	Tues 4 Touch 6-7:30pm Conditioning 7:30-8pm 	Wed 5 7's practice 6-7pm 7's Strength 	Thurs 6 Touch 6-7:30pm Conditioning 7:30-8pm 	Fri 7 7's Power 	Sat 8 Stairs/Campus/Arb Run 	Sun 9 Rest
Mon 10 7's Hypertrophy 	Tues 11 Touch 6-7:30pm Conditioning 7:30-8pm 	Wed 12 7's practice 6-7pm 7's Strength 	Thurs 13 Touch 6-7:30pm Conditioning 7:30-8pm 	Fri 14 7's Power 	Sat 15 Stairs/Campus/Arb Run 	Sun 16 Rest
Mon 17 7's Hypertrophy 	Tues 18 Touch 6-7:30pm Conditioning 7:30-8pm 	Wed 19 7's practice 6-7pm 7's Strength 	Thurs 20 Touch 6-7:30pm Recovery 7:30-8pm 	Fri 21 Rest	Sat 22 Meijer State Games – Grand Rapids	Sun 23 Rest
Mon 24 Lower Body Hypertrophy 	Tues 25 Upper Body Hypertrophy 	Wed 26	Thurs 27 Lower Body Strength 	Fri 28 Upper Body Strength 	Sat 29 Track Intervals 	Sun 30 Rest

July 2013

Mon 1 Lower Body Hypertrophy 	Tue 2 Upper Body Hypertrophy 	Wed 3 	Thu 4 Lower Body Strength 	Fri 5 Upper Body Strength 	Sat 6 Track Intervals 	Sun 7 Rest
Mon 8 Lower Body Hypertrophy 	Tues 9 Upper Body Hypertrophy 	Wed 10 Rest	Thurs 11 Lower Body Strength 	Fri 12 Upper Body Strength 	Sat 13 Track Intervals 	Sun 14 Rest
Mon 15 Lower Body Hypertrophy 	Tues 16 Upper Body Hypertrophy 	Wed 17 Rest	Thurs 18 Lower Body Strength 	Fri 19 Active Rest	Sat 20 Rock Hard – Grand Rapids	Sun 21 Rest
Mon 22 Strength/Power Day 1 	Tues 23 HIIT – Cleats 	Wed 24 Strength/Power Day 2 	Thurs 25 Rest	Fri 26 Strength/Power Day 3 	Sat 27 HIIT – Cleats 	Sun 28 Rest
Mon 29 Strength/Power Day 1 	Tues 30 HIIT – Cleats 	Wed 31 Strength/Power Day 2 				

August 2013

			Thu 1 Rest	Fri 2 Strength/Power Day 3 	Sat 3 HIIT – Cleats 	Sun 4 Rest
Mon 6 Strength/Power Day 1 	Tues 5 Rest HIIT – Cleats + Mouthguard 	Wed 7 Strength/Power Day 2 	Thurs 8 Rest	Fri 9 Strength/Power Day 3 	Sat 10 HIIT – Cleats + Mouthguard 	Sun 11 Rest
Mon 12 Strength/Power Day 1 - Taper 	Tues 13 HIIT – Cleats + Mouthguard 	Wed 14 Strength/Power Day 2 - Taper 	Thurs 15 Rest	Fri 16 Strength/Power Day 3 - Taper 	Sat 17 Active Rest	Sun 18 Active Rest
Mon 19 Max testing BS BP 	Tues 20 Pre-Season Agility Testing + 12 Minute Cooper	Wed 21 Max Testing DL 	Thurs 22 Pre-Season Heavy Conditioning	Fri 23 Pre-Season 40yd + 17s Testing	Sat 24 Pre-Season Heavy Conditioning Campus Run	Sun 25 Pre-Season Rest
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