

Key



Lifting



















Aerobic conditioning















Anaerobic conditioning

May 2013

	Tue 30 Transition Active Rest	Wed 1 Transition Active Rest	Thu 2 Transition Active Rest	Fri 3 Transition Active Rest	Sat 4 Transition Active Rest	Sun 5 Transition Active Rest
Mon 6 Pre-Conditioning Day 1 	Tue 7 Rest	Wed 8 Aerobic Conditioning 1 	Thu 9 Pre-Conditioning Day 2 	Fri 10 Rest	Sat 11 Aerobic Conditioning 2 	Sun 12 Rest
Mon 13 Pre-Conditioning Day 1 	Tue 14 Rest	Wed 15 Aerobic Conditioning 1 	Thu 16 Pre-Conditioning Day 2 	Fri 17 Rest	Sat 18 Aerobic Conditioning 2 	Sun 19 Rest
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 	Sat 25 Rest	Sun 26 Rest
Mon 27 Strength Endurance Day 1 	Tue 28 Aerobic Conditioning 3 	Wed 29 Strength Endurance Day 2 	Thu 30 Rest	Fri 31 Strength Endurance Day 3 		

June 2013

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

July 2013

Mon 1 Lower Body Hypertrophy 	Tue 2 Upper Body Hypertrophy 	Wed 3 7's practice 6-7pm	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 Upper Body Strength 	Sat 20 Track Intervals 	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 Mild Conditioning Downhill Running and SAQ Palmer	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

