

Run - L = Long Run
 Run - S = Short Run
 Run - SAQ = Speed, Agility
 Quickness



2018 JUNE



ST = Strengthening
 B/B = Back/Bi
 P/T = Pec/Tri
 L/A = Legs/Abs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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When you see a number, that's how many touches on a ball you should be getting that day.

					1	2
3	4	5	6	7	8	9
500	Run - S		500	Run - SAQ	500	Run - L
10	11	12	13	14	15	16
500	Run - S	Practice Tests	500	Run - SAQ	500	Run - L
17	18	19	20	21	22	23
500	Run - S	ST - (L/A) 3 Leg Exercises	ST - (B/B)	ST - (P/T)	ST - (L/A) 3 Leg Exercises	ST - (B/B)
			500	Run - SAQ	500	Run - L
24	25	26	27	28	29	30
ST - (P/T)		ST - (L/A) 3 Leg Exercises	ST - (B/B)	ST - (P/T)	ST - (L/A) 3 Leg Exercises	ST - (B/B)
500	Run - S		500	Run - SAQ	500	Run - L

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2018 JULY



ST = Strengthening
 B/B = Back/Bi
 P/T = Pec/Tri
 L/A = Legs/Abs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ST - (P/T) 750	2 Run - S	3 ST - (L/A) 4 Leg Exercises	4 ST - (B/B)	5 ST - (P/T)	6 ST - (L/A) 4 Leg Exercises	7 ST - (B/B)
8 ST - (P/T) 750	9 Run - S	10 ST - (L/A) 4 Leg Exercises	11 ST - (B/B)	12 ST - (P/T)	13 ST - (L/A) 4 Leg Exercises	14 ST - (B/B)
15 ST - (P/T) 750	16 Run - S	17 ST - (L/A) 5 Leg Exercises	18 ST - (B/B)	19 ST - (P/T)	20 ST - (L/A) 5 Leg Exercises	21 ST - (B/B)
22 ST - (P/T) 750	23 Run - S	24 ST - (L/A) 5 Leg Exercises	25 ST - (B/B)	26 ST - (P/T)	27 ST - (L/A) 5 Leg Exercises	28 ST - (B/B)
29 ST - (P/T) 750	30 Run - S	31 ST - (L/A) 4 Leg Exercises				

Run - L = Long Run
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2018 AUGUST



ST = Strengthening
 B/B = Back/Bi
 P/T = Pec/Tri
 L/A = Legs/Abs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ST - (B/B) 1000	2 ST - (P/T) Run - SAQ	3 1000	4 Run - L
5 1000	6 Run - S	7 Practice Tests	8 1000	9 Run - SAQ	10 1000	11 Run - L
12	13	14	15 OCWS Pre-season check in / paperwork	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

