

Mornings: Mon/Tues/Wed/Thurs 6:00-8:30 am

Evenings: Mon/Tues/Thurs 6:30pm-7:30pm

Summer Weights 22

Meet at track

-Meet at HS Gym-

+Meet at JH Gym+

June

Monday	Tuesday	Wednesday	Thursday	Friday
May 30	May 31st	*1* Verticals Speed (40's) Max Bench & Squat	-2- OH Med Ball Broad Jump Boys/Girls Max TB DL	3 OFF
6 Speed (40's) Girls 5/3/1 Squat Boys 5/3/1 Bench	+7+ X Factor Jump Girls 5/3/1 Bench Boys 5/3/1 Squat	+8+ Speed Warmup Movement/Reaction	+9+ Mobility Speed Drills Boys/Girls 5/3/1 TB DL	10 OFF
13 Speed (40's) Girls 5/3/1 Squat Boys 5/3/1 Bench	+14+ X Factor Jump Girls 5/3/1 Bench Boys 5/3/1 Squat	+15+ Speed Warmup Movement/Reaction	+16+ Mobility Speed Drills Boys/Girls 5/3/1 TB DL	17 OFF
20 Speed (40's) Girls 5/3/1 Squat Boys 5/3/1 Bench	+21+ X Factor Jump Girls 5/3/1 Bench Boys 5/3/1 Squat	+22+ Speed Warmup Movement/Reaction	+23+ Mobility Speed Drills Boys/Girls 5/3/1 TB DL	24 OFF
27 Speed (40's) Challenge Week Squat	+28+ X Factor Jump Challenge Week Bench	+29+ Speed Warmup Movement/Reaction	30 Mobility Speed Drills Challenge Week TB DL	

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July

Monday	Tuesday	Wednesday	Thursday	Friday
				1 OFF
4 Summer Moratorium	5 Summer Moratorium	6 Summer Moratorium	7 Summer Moratorium	8 Summer Moratorium
11 Speed (40's) 5-4-3-2-1 3 Rep Max Bench, Squat, Clean	+12+ Mobility X Factor Jump 5-4-3-2-1	+13+ X Factor Throw 5-4-3-2-1	*14* Speed (10yd) 5-4-3-2-1	15 OFF
18 Speed (40's) 3 Rep Max Bench, Squat, Clean	+19+ Mobility X Factor Jump 5-4-3-2-1	+20+ X Factor Throw 5-4-3-2-1	*21* Speed (10yd) 5-4-3-2-1	22 OFF
25 Speed (40's) 3 Rep Max Bench, Squat, Clean	+26+ Mobility X Factor Jump 5-4-3-2-1	+27+ X Factor Throw 5-4-3-2-1	*28* Speed (10yd) 5-4-3-2-1	29 OFF

August

Monday	Tuesday	Wednesday	Thursday	Friday
1 Speed (40's) OH Med Ball Max Out	2 Mobility Verticals Max Out	3 Max Out	4 Speed (10yd) Broad Jump Max Out	5 OFF
8 OFF	9 OFF	10 OFF	11 OFF	12 OFF
15 First Day of Fall Practice	16	17	18	19