

In-Season Training Plan

August

18 AM Only - first day of school
19 AM and Turf 3:45
22 AM and 6:30
24 AM and 3:45 grass/film
26 AM and 3:45 turf
29 AM and 6:30 turf
31 AM and 6:30 turf

September

2 Off
3 8:00-10:00 AM
5 7:00-8:30 AM
7 6:30 turf
9 off
10 8:00-10:00
12 6:30
14 3:45 grass/film
16 off
17 8:00-10:00
19 6:30 turf
21 3:45 grass/film
23 off
24 8:00-10:00
26 6:30 turf
28 3:45 grass/film
30 3:45 turf

October

3 6:30 turf
5 6:30 turf
7 off
8 8:00-10:00
10 6:30 turf
12 3:45 grass/turf
14 off
15 9:00-11:00 &
1:00-3:00
19 6:30
22 6:00-8:00 PM

