

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	
<u>1</u> WU + Stretch 15min. Jog All Exercises Cool Down + Stretch	<u>2</u> Light Stretch + 10min Jog Dynamic WU 12 x 100yd Striders Static Stretch	<u>3</u> Out work your opponents!!!	<u>4</u> Dynamic WU + Stretch 8x 100yd Striders 5x75s,50s,25s @ 90% Pushups,Abs,Squat Jumps Cool down + Stretch	<u>5</u> Light Stretch + 6min Jog Static Stretch 4x400yd runs @ 85% Planks,Parachute,Lunge Cool Down + Stretch	<u>6</u> Dynamic WU + Stretch 12 x Gasers Pushups,Abs,Squat Jumps Cool Down + Stretch	<u>7</u> WU + Stretch 12min. Jog Static Stretch All Exercises Cool Down + Stretch	
<u>8</u> Are you icing? Eating right?	<u>9</u> Dynamic WU + Stretch 5x400yd runs @ 85% 10 x 25s @ 90% Planks, Jump Rope Cool Down + Stretch	<u>10</u> Light Stretch + 10min Jog Static Stretch 8 x 100s,75s,40s @ 90% Pushups,Abs,Squat Jumps Cool Down + Stretch	<u>11</u> Are you more flexible? Focus on Durability?	<u>12</u> Dynamic WU + Stretch 12x Gasers Parachute,Lunge Cool Down + Stretch	<u>13</u> Light Stretch + 10min Jog Static Stretch 12 x 100yd striders Static Stretch	<u>14</u> Light Stretch + 5min Jog Dynamic WU 3x300s,200s,100s,50s Pushups,Abs,Squat Jumps Cool Down + Stretch	
<u>15</u> Light WU + Stretch 1 mile (4 laps) Cool Down + Stretch	<u>16</u> Condition your body to last the entire season.	<u>17</u> Dynamic WU + Stretch 6x400yd runs @ 85% 10 x 25s @ 90% Planks, Jump Rope Cool Down + Stretch	<u>18</u> Light Stretch + 5min Jog Dynamic WU 8x 100yd Striders 5x75s,50s,25s @ 90% Cool Down + Stretch	<u>19</u> Light Stretch + 10min Jog Static Stretch + 100 JJs Pushups,Abs,Squat Jumps Cool Down + Stretch Flexibility = Durability	<u>20</u> Light Stretch + 5min Jog Dynamic WU 20x 40s @ 90% Cool Down + Stretch	<u>21</u> 100 JJs WU + Stretch 3 Exercise Circuit 100 JJs + Stretch Mentally prepare yourself.	
<u>22</u> Ice EVERYTHING! REST! REST! REST!	<u>23</u> FIRST DAY OF DOUBLE-DAYS!!! *8-Steps to Success*	<p>Please remember to:</p> <ul style="list-style-type: none"> - Always condition with a partner in case of an emergency. <ul style="list-style-type: none"> o One of you needs to carry a cell phone with you. - Always hydrate before, during, and after conditioning. - Take your time... Don't rush it. Control your breathing. - PREVENTATIVE ICING should be done at least 3x per week - Focus is on flexibility! Flexibility = Durability!!! 					

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