



U16 Aug-09



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10						1 OFF	2 Off
11	3 Dynamic Warm up Cone Agili 4 x 15" on 90" off Strength Training 3 1 set Flexibility	4 Dynamic Warm up Speed 2 Strength Training 2 1 set Torso 3 3x20 reps each Flexibility	5 Dynamic Warm up 5x2'on/3'off OR 4 x 400m on/5'off Running or biking Flexibility	6 Off	7 Dynamic Warm up Agility 3 10 x 10-12" on 90" off Strength Training 1 1 set Torso 3 3 x 30 reps Flexibility	8 Dynamic Warm up GCC 2 1 set Flexibility	9 45-60' Conditioning HR ~145-155bpm any mode Torso 2 3 x 1'on 10" off Flexibility
12	# Off	# Off	# Dynamic Warm up Speed 2 Strength Training 1 2 sets Torso 3 3 x 30 reps Flexibility	# Dynamic Warm up 4x3'on/5'off OR 4 x 800m on/5'off Flexibility	# Dynamic Warm up Speed 2 Strength Training 1 2 sets Torso 3 3 x 30 reps Flexibility	14 Off	16 45-60' Conditioning HR ~145-155bpm any mode Torso 2 3 x 1'on 10" off Flexibility
13	# 45-60' Conditioning HR ~145-155bpm any mode Torso 2 3 x 1'on 10" off Flexibility	# Dynamic Warm up GCC 2 2 sets Flexibility	# Off	# Off	# Dynamic Warm up Speed 2 Strength Training 1 2 sets Torso 3 3 x 30 reps Flexibility	21 Dynamic Warm up GCC 2 2 sets Flexibility	23 Dynamic Warm up Agility 3 10 x 10-12" on 90" off Strength Training 1 1 set Torso 3 3 x 30 reps Flexibility
14	# Off	# Dynamic Warm up Speed 1 Strength Training 1 2 sets Flexibility	# 20' Conditioning HR >170bpm any mode	# Dynamic Warm up 4x3'on/5'off OR 4 x 800m on/5'off Running or Biking 3 x 30'on Torso 2 10"off Flexibility	# Off	28 Off	# Cone Agility 2 30'-40' Conditioning HR ~140-155bpm Torso 1 3 sest Flexibility
15	# Dynamic Warm up Cone Agility 2 30'-40' Conditioning HR ~140-155bpm Torso 1 3 sets Flexibility	# September Dynamic Warm up Strength Training 1 2 sets GCC 2 X2 Flexibility	1 Off	2 Off	3 Off	4 Off	5
<p>*Special Note* All weight training should focus on Technique with a small to no amount of weight!!!</p>							