



U18

Jul-09



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5			Dynamic Warm up 1 3x3'on/5'off OR 3 x 800m on/5'off Running or Biking Torso 2 3 x 30"on 10"off Flexibility	Dynamic Warm up 2 GSC 1 2 Sets Flexibility	Dynamic Warm up 3 Cone Agili 5 x 15"on 90"off Strength Training 1 3 sets Flexibility	Off 4	45-60' Conditioning HR ~145-155bpm any mode Torso 1 3 x 1' on 10" off Flexibility
6	Dynamic Warm up 6 Speed 1 Strength Training 2 3 sets Torso 3 3x20 reps each Flexibility	Dynamic Warm up 7 Cone Agili 5 x 15"on 90"off Strength Training 3 3 sets Flexibility	Off 8	Off 9	Dynamic Warm up ## Cone Agili 6 x 15"on 90"off Strength Training 3 3 sets Flexibility	45-60' Conditioning ## HR ~145-155bpm any mode Torso 1 3 x 1' on 10" off Flexibility	60-75'Conditioning 12 HR ~145-155bpm any mode Torso 1 3 x 1' on 10" off Flexibility
7	Off 13	Dynamic Warm up 14 Cone Agili 6 x 15"on 90"off Strength Training 3 4 sets Flexibility	60-75'Conditioning 15 HR ~145-155bpm any mode Torso 1 3 x 1' on 10" off Flexibility	Dynamic Warm up 16 Speed 2 Strength Training 2 3 sets Torso 3 3x20 reps each Flexibility	Off ##	Off ##	Dynamic Warm up 19 Speed 1 Strength Training 2 3 sets Torso 3 3x20 reps each Flexibility
8	45-60' Conditioning 20 HR ~145-155bpm any mode Torso 1 3 x 1' on 10" off Flexibility	Dynamic Warm up 21 Speed 2 Strength Training 2 3 sets Torso 3 3x20 reps each Flexibility	Dynamic Warm up 22 Cone Agili 5 x 15"on 90"off Strength Training 3 3 sets Flexibility	Off 23	60-75'Conditioning ## HR ~145-155bpm any mode Torso 1 3 x 1' on 10" off Flexibility	60-75'Conditioning ## HR ~145-155bpm any mode Torso 1 3 x 1' on 10" off Flexibility	Off 26 *Special Note* All weight training should focus on Technique with a small to no amount of weight!!!
9	26 U18 Camp	27 U18 Camp	28 U18 Camp	29 U18 Camp	## Aug U18Camp	1 U18Camp	2 U18 Camp