



U18 Aug-09



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10						Off	Off
11	Off	Off	Dynamic Warm up 5x2'on/3'off OR 4 x 400m on/5'off Running or biking Flexibility	Dynamic Warm up GCC 2 2 sets Flexibility	Dynamic Warm up Agility 3 10 x 10-12" on 90" off Strength Training 1 2 sets Torso 3 3 x 30 reps Flexibility	Off	45-60' Conditioning HR ~145-155bpm any mode Torso 2 3 x 1'on 10" off Flexibility
12	Dynamic Warm up Speed 2 2 sets Strength Training 1 3 sets Torso 3 3 x 30 reps Flexibility	Dynamic Warm up 4x3'on/5'off OR 4 x 800m on/5'off Flexibility	Off	Off	Dynamic Warm up Speed 2 Strength Training 1 2 sets Torso 3 3 x 30 reps Flexibility	Dynamic Warm up GCC 2 2 sets Flexibility	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	Off	Dynamic Warm up GCC 2 2 sets Flexibility	Dynamic Warm up Agility 3 10 x 10-12" on 90" off Strength Training 1 set Torso 3 3 x 30 reps Flexibility	Dynamic Warm up Speed 2 Strength Training 1 3 sets Torso 3 3 x 30 reps Flexibility	Off	Off
14	Dynamic Warm up 4x3'on/5'off OR 4 x 800m on/5'off Running or Biking 3 x 30'on 10"off Torso 2 Flexibility	Dynamic Warm up Speed 1 Strength Training 1 3 sets Flexibility	20' Conditioning HR >170bpm any mode	Off	Dynamic Warm up Cone Agility 2 30'-40' Conditioning HR ~140-155bpm Torso 1 Flexibility	Dynamic Warm up Cone Agility 16 x each 60"off GCC 2 X2 Flexibility	Dynamic Warm up Dynamic Warm up GCC 2 3 sets Flexibility Flexibility
15	Off	Off September					