

2017

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01 10 push ups, 10 sit ups, 1 shuttle run, 30 sec plank, 4-20 yard sprints	02 10 push ups, 10 sit ups, 1 shuttle run, 30 sec plank, 4-20 yard sprints	03 10 push ups, 10 sit ups, 1 shuttle run, 30 sec plank, 4-20 yard sprints	04
05 20 push ups, 20 sit ups, 2 shuttle runs, 2-30 sec planks, 4-30 yard sprints	06 20 push ups, 20 sit ups, 2 shuttle runs, 2-30 sec planks, 4-30 yard sprints	07 20 push ups, 20 sit ups, 2 shuttle runs, 2-30 sec planks, 4-30 yard sprints	08 20 push ups, 20 sit ups, 2 shuttle runs, 2-30 sec planks and half mile run	09 20 push ups, 20 sit ups, 2 shuttle runs, 2-30 sec planks, 4-30 yard sprints	10 20 push ups, 20 sit ups, 2 shuttle runs, 2-30 sec planks, 4-30 yard sprints	11
12 30 push ups, 30 sit ups, 3 shuttle runs, 2-45 sec planks, 6-50 yard sprints	13 30 push ups, 30 sit ups, 3 shuttle runs, 2-45 sec planks, 6-50 yard sprints	14 30 push ups, 30 sit ups, 3 shuttle runs, 2-45 sec planks, 6-50 yard sprints	15 30 push ups, 30 sit ups, 3 shuttle runs, 2-45 sec planks, 3/4 mile run	16 30 push ups, 30 sit ups, 3 shuttle runs, 2-45 sec planks, 6-50 yard sprints	17 30 push ups, 30 sit ups, 3 shuttle runs, 2-45 sec planks, 6-50 yard sprints	18
19 40 push ups, 40 sit ups, 4 shuttle runs, 3-45 sec planks, 8-40 yard sprints	20 40 push ups, 40 sit ups, 4 shuttle runs, 3-45 sec planks, 8-40 yard sprints	21 40 push ups, 40 sit ups, 4 shuttle runs, 3-45 sec planks, 8-40 yard sprints	22 40 push ups, 40 sit ups, 4 shuttle runs, 3-45 sec planks, 1 mile run	23 40 push ups, 40 sit ups, 4 shuttle runs, 3-45 sec planks, 8-40 yard sprints	24 40 push ups, 40 sit ups, 4 shuttle runs, 3-45 sec planks, 8-40 yard sprints	25
26 40 push ups, 40 sit ups, 6 shuttle runs, 4-45 sec planks, 8-30 yard sprints	27 40 push ups, 40 sit ups, 6 shuttle runs, 4-45 sec planks, 8-30 yard sprints	28 40 push ups, 40 sit ups, 6 shuttle runs, 4-45 sec planks, 8-30 yard sprints	29 40 push ups, 40 sit ups, 6 shuttle runs, 4-45 sec planks, 8-30 yard sprints	30 40 push ups, 40 sit ups, 6 shuttle runs, 4-45 sec planks, 1 and 1/4 mile run	01 40 push ups, 40 sit ups, 6 shuttle runs, 4-45 sec planks, 8-30 yard sprints	02
03	04	Notes:				

2017

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	01	02
03 OFF WEEK	04 OFF WEEK	05 OFF WEEK	06 OFF WEEK	07 OFF WEEK	08 OFF WEEK	09 OFF WEEK
10 50 push ups, 50 sit ups, 8 shuttle runs, 4-1 min planks, 10-30 yard sprints,	11 50 push ups, 50 sit ups, 8 shuttle runs, 4-1 min planks, 10-30 yard sprints,	12 50 push ups, 50 sit ups, 8 shuttle runs, 4-1 min planks, 10-30 yard sprints,	13 50 push ups, 50 sit ups, 8 shuttle runs, 4-1 min planks, 1 mile run	14 50 push ups, 50 sit ups, 8 shuttle runs, 4-1 min planks, 10-30 yard sprints,	15 50 push ups, 50 sit ups, 8 shuttle runs, 4-1 min planks, 10-30 yard sprints,	16
17 60 push ups, 60 sit ups, 8 shuttle runs, 4-1 min planks, 10-40 yard sprints	18 60 push ups, 60 sit ups, 8 shuttle runs, 4-1 min planks, 10-40 yard sprints	19 60 push ups, 60 sit ups, 8 shuttle runs, 4-1 min planks, 10-40 yard sprints	20 60 push ups, 60 sit ups, 8 shuttle runs, 4-1 min planks, 10-40 yard sprints	21 PHYSICALS AT THE GRAYS CREEK HIGH SCHOOL STARTING AT 1 O'CLOCK. MUST HAVE ONE TO PLAY	22 60 push ups, 60 sit ups, 8 shuttle runs, 4-1 min planks, 10-40 yard sprints	23
24 70 push ups, 70 sit ups, 10 shuttle runs, 6-1 min planks , 10-40 yard sprints	25 70 push ups, 70 sit ups, 10 shuttle runs, 6-1 min planks , 10-40 yard	26 70 push ups, 70 sit ups, 10 shuttle runs, 6-1 min planks , 10-40 yard	27 70 push ups, 70 sit ups, 10 shuttle runs, 6-1 min planks , 1 and 1/2	28 70 push ups, 70 sit ups, 10 shuttle runs, 6-1 min planks , 10-40 yard	29 70 push ups, 70 sit ups, 10 shuttle runs, 6-1 min planks , 10-40 yard	30
31 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 12-30 yard sprints	01	Notes: DON'T FORGET PHYSICALS AT GRAYS CREEK HIGH SCHOOL ON JULY 21ST AT 1:00. MUST HAVE PHYSICAL TO TRYOUT FOR FOOTBALL				

2017

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 12-30 yard	02 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 12-30 yard	03 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 1 and 1/2	04 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 12-30 yard	05 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 12-30 yard	06
07 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 12-30 yard sprints	08 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 12-30 yard	09 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 12-30 yard	10 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 1 and 1/2	11 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 12-30 yard	12 80 push ups, 80 sit ups, 10 shuttle runs, 6-1 min planks, 12-30 yard	13
14 90 push ups, 90 sit ups, 10 shuttle runs, 8-1 min planks, 12-40 yard sprints	15 90 push ups, 90 sit ups, 10 shuttle runs, 8-1 min planks, 12-40 yard	16 90 push ups, 90 sit ups, 10 shuttle runs, 8-1 min planks, 12-40 yard	17 90 push ups, 90 sit ups, 10 shuttle runs, 8-1 min planks, 2 mile run	18 90 push ups, 90 sit ups, 10 shuttle runs, 8-1 min planks, 12-40 yard	19 90 push ups, 90 sit ups, 10 shuttle runs, 8-1 min planks, 12-40 yard	20
21 100 push ups, 100 sit ups, 10 shuttle runs 10-1 min planks, 5-100 yard	22 100 push ups, 100 sit ups, 10 shuttle runs 10-1 min planks, 5-100 yard	23 100 push ups, 100 sit ups, 10 shuttle runs 10-1 min planks, 5-100 yard	24 100 push ups, 100 sit ups, 10 shuttle runs 10-1 min planks, 5-100 yard	25 100 push ups, 100 sit ups, 10 shuttle runs 10-1 min planks, 2 mile run	26 100 push ups, 100 sit ups, 10 shuttle runs 10-1 min planks, 5-100 yard	27
28 FIRST DAY OF SCHOOL AND FIRST DAY OF PRACTICE	29	30	31	01	02	03
04	05	Notes:				