

OFF-SEASON MARCH 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28 Lifting - Explosive 8:35 - 3:00 Running - Speed 3:10 - 3:50 Lifting - Explosive 3:50 - 4:45	1 Lifting - Strength 8:35 - 3:00 Running - Agility 3:10 - 3:50 Lifting - Strength 3:50 - 4:45	2 Lifting - Explosive 7:45 - 3:00 Running - Speed 3:10 - 3:50 Lifting - Explosive 3:50 - 4:45	3 Lifting - Strength 8:35 - 3:00 Running - Agility 3:10 - 3:50 Lifting - Strength 3:50 - 4:45	4 Make-Up Day Lifting 8:35 - 3:00 Running (On Own) 3:10 - 3:50 Lifting 3:50 - 4:45	5
6	7 Lifting - Explosive 8:35 - 3:00 Running - Speed 3:10 - 3:50 Lifting - Explosive 3:50 - 4:45	8 Lifting - Strength 8:35 - 3:00 Running - Agility 3:10 - 3:50 Lifting - Strength 3:50 - 4:45	9 Lifting - Explosive 7:45 - 3:00 Running - Speed 3:10 - 3:50 Lifting - Explosive 3:50 - 4:45	10 Lifting - Strength 8:35 - 3:00 Running - Agility 3:10 - 3:50 Lifting - Strength 3:50 - 4:45	11 Make-Up Day Lifting 8:35 - 3:00 Running (On Own) 3:10 - 3:50 Lifting 3:50 - 4:45	12
13 Daylight Savings	14 Lifting - Explosive 8:35 - 3:00 Running - Speed 3:10 - 3:50 Lifting - Explosive 3:50 - 4:45	15 Lifting - Strength 8:35 - 3:00 Running - Agility 3:10 - 3:50 Lifting - Strength 3:50 - 4:45	16 Lifting - Explosive 7:45 - 3:00 Running - Speed 3:10 - 3:50 Lifting - Explosive 3:50 - 4:45	17 Lifting - Strength 8:35 - 3:00 Running - Agility 3:10 - 3:50 Lifting - Strength 3:50 - 4:45	18 Make-Up Day Lifting 8:35 - 3:00 Running (On Own) 3:10 - 3:50 Lifting 3:50 - 4:45	19
20	21 SPRING BREAK OFF	22 SPRING BREAK OFF	23 SPRING BREAK OFF	24 SPRING BREAK OFF	25 SPRING BREAK OFF	26
27	28 Lifting - Explosive 8:35 - 3:00 Running - Speed 3:10 - 3:50 Lifting - Explosive 3:50 - 4:45	29 Lifting - Strength 8:35 - 3:00 Running - Agility 3:10 - 3:50 Lifting - Strength 3:50 - 4:45	30 Lifting - Explosive 7:45 - 3:00 Running - Speed 3:10 - 3:50 Lifting - Explosive 3:50 - 4:45	31 Lifting - Strength 8:35 - 3:00 Running - Agility 3:10 - 3:50 Lifting - Strength 3:50 - 4:45	1 Make-Up Day Lifting 8:35 - 3:00 Running (On Own) 3:10 - 3:50 Lifting 3:50 - 4:45	