

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	SPEED AND AGILITY	STRENGTH	BACK TO CORE	VERTICAL PLYO	REST DAY	SPEED AND AGILITY	STRENGTH
WEEK 2	BACK TO CORE	VERTICAL PLYO	RELIEF	GAMEDAY	BACK TO CORE	VERTICAL PLYO	RELIEF
WEEK 3	SPEED AND AGILITY	VERTICAL PLYO	STRENGTH	RELIEF	GAMEDAY OVERTIME	VERTICAL PLYO	BACK TO CORE
WEEK 4	REST DAY	SPEED AND AGILITY	STRENGTH	GAMEDAY OVERTIME	VERTICAL PLYO	BACK TO CORE	RELIEF
WEEK 5	SPEED AND AGILITY	FIT TEST					