

# June

# 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	<b>First Day</b> 24 20-40 minutes	25 25-45 minutes	26 plyos + 20 min	27 20-40 minutes	28 25-50 minutes	29
30						

## TO DO LIST:

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## NOTES:

All runs begin with a warm up (roughly 0.75-1 mile) proceeded by stretching and drills

Each run is followed by cool down stretching

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# July

# 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 20-45 minutes	2 25-50 minutes	3 plyos + 20 min	4 20-45 minutes	5 25-55 minutes	6
7	8 25-45 minutes	9 25-50 minutes	10 plyos + 20 min	11 25-45 minutes	12 30-60 minutes	13
14	15 25-45 minutes	16 30-50 minutes	17 plyos + 20 min	18 25-45 minutes	19 35-65 minutes	20
21	<b>CAMP</b> 22 30-45 minutes	<b>CAMP</b> 23 35-50 minutes	<b>CAMP</b> 24 plyos + 20 min	<b>CAMP</b> 25 30-45 minutes	<b>CAMP</b> 26 40-70 minutes	27
28	29 30-45 minutes	30 35-50 minutes	31 plyos + 20 min			

## TO DO LIST:

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## NOTES:

All runs begin with a warm up (roughly 0.75-1 mile) proceeded by stretching and drills

Each run is followed by cool down stretching

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# August

# 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 30-45 minutes	2 45-70 minutes	3
4	5 30-45 minutes	6 35-50 minutes	7 plyos + 20 min	<b>TTP @ WV</b> 8 30-45 minutes	9 50-75 minutes	10
11	<b>First Day!</b> 12 <b>8 am @ WV</b>	13 <b>8 am @ wv</b>	14 <b>8 am @ WV</b>	15 <b>8 am @ WV</b>	16 <b>8 am @ WV</b>	17
18	19 <b>4 pm @ WV</b>	20 <b>4 pm @ WV</b>	<b>First Day of School</b> 21	22	23	24
25	26	27	28	29	30	31

## TO DO LIST:

on 8/8: TTP pick up @ Westview at 8am  
practice will be held here

on 8/12: Tickets To Play are due!

on 8/19: practice moves to 4pm

## NOTES:

All runs begin with a warm up (roughly 0.75-1 mile) proceeded by stretching and drills

Each run is followed by cool down stretching