

## **2024 Minnetonka Girls Strength Training Schedule**

Girls experienced in strength training with Coach Moon:

- Prior to Spring Break – Tuesday and Thursday 5:00-5:30
- After Spring Break – Monday and Wednesday 5:30-6:00

Girls NOT experienced in strength training with Coach Moon:

- No training prior to Spring Break
- After Spring Break – Friday 4:45-5:30

Throwers (Athletes doing primarily shot put or discus):

- Before and after Spring Break – Monday and Wednesday 2:50-3:30