

JUNE 2009

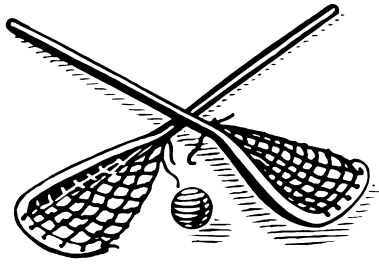
Sun Mon Tue Wed Thu Fri Sat

Wall Ball Drills:

1. Right Handed Catch and Throw. 50X
2. Left Handed Catch and Throw. 50X
3. One Handed Catch and Throw. 50X
4. Catch Right Go Left. 50X
5. Catch Left Go Right. 50X
6. Quick Stick Right. 50X
7. Quick Stick Left. 50X
8. Target Shots 50x (place a sticker on the wall, try to hit it every time)

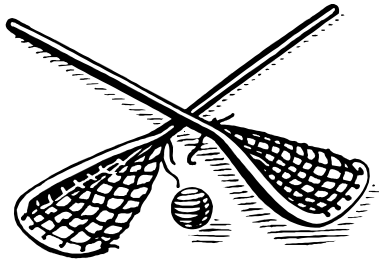
NEVER STOP LEARNING AND WORKING ON YOUR GAME...

	1 Jog 20 minutes Stretch	2 Wall Ball 50 GB's	3 Jog with ball/ stick 2x50 yd sprints Stretch	4 Wall Ball 50 GB's	5 Jog with ball/ stick 2x50 yd sprints Stretch	6 Cross Train Swim/Bike
7	8 Jog 20 minutes 3x50 yd sprints Stretch	9 Wall Ball 50 GB's	10 Jog with ball/ stick 20 minutes Stretch	11 Wall Ball 50 GB's	12 Jog 20 minutes 2x50 skips Stretch	13 OFF
14 Rest	15 Jog 25 minutes 5x30 yd sprints Stretch	16 Wall Ball 50 GB's	17 Run 25 minutes (5 min. easy, 5 min. hard, repeat for 25) Stretch	18 Wall Ball 50 GB's	19 Jog 20 minutes 4x50 sprint 2x100 sprint Stretch	20 OFF
21 REST	22 Run 25 minutes 2x100 yd. sprints	23 Wall Ball 50 GB's	24 Run 25 min. (2 min. easy, 2 min. hard)	25 Wall Ball 50 GB's	26 Run 25 minutes 2x100 yd. sprints 2x30 yd sprints Stretch	27 OFF
28 REST	29 Run 25 minutes 2x100 yd sprints 3x50 yd sprints Stretch	30 Wall Ball 50 GB's			Stretch everyday!	Develop your speed work and endurance.



JULY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Keep working hard...it will pay off! Know where you need to improve.	Be determined to build your strength. It will payoff.	Nutrition is key. Hydration, protein and vitamins are essential.	1 Run w/stick (5 min. easy, 5 min. hard, repeat	2 Wall Ball 50 GB's	3 Run: 2x50, 3x100, 2x50 hard then jog 10 to finish	4 Happy 4th of July!
5 REST	6 Run hard: 5x25 yd sprints Jump Rope left and right feet	7 Wall Ball 50 GB's	8 Run or cardio of choice: 25 minutes Stretch	9 Wall Ball 50 GB's	10 Run: 25 min. 2x50 yd skips Stretch	11 OFF/Swim
12 REST	13 Run or cardio of choice: 20 minutes 2x100 yd sprints	14 Wall Ball 50 GB's	15 Run (15 minutes easy, 50 GB's, 15 min. hard)	16 Wall Ball 50 GB's	17 Run: 25 min. (30 sec. easy, 30 hard, 60 easy, 60 hard, 90 easy, 90 hard, repeat)	18 OFF/Swim
19 REST	20 Jog w/stick 30 minutes 5x25 yd sprints	21 Wall Ball 50 GB's Jump Rope	22 Run : 30 min. (5 min. warm up, 25 steady, 5 hard, 5 cool	23 Wall Ball 50 GB's	24 Run: Jog 5 min 5x100 sprint 4x50 sprint Jog 5 min.	25 OFF/Swim
26 REST	27 Run or cardio of choice: 30 min. 2x50 sprints	28 Wall Ball 50 GB's	29 Run or cardio of choice: (10 minutes hard, 10 easy, 10 hard)	30 Wall Ball 50 GB's Jump Rope	31 Run: 30 min run with hills 2x100 sprint Stretch	



AUGUST 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Work your ABS!	Keep your focus... Mental toughness is important.				Go 110% Develop confidence!	1 OFF
2 REST	3 Run/Elliptical/ Bike 30 minutes 5x50 yd sprints	4 Wall Ball 50 GB's	5 Run: 30 minutes (30 sec. easy, 30 hard, 60 easy, 60 hard, 90 easy, 90 hard, repeat)	6 Wall Ball 50 GB's	7 Run or cardio of choice: (15 minutes easy, 50 GB's, 15 min. hard) Stretch	8 OFF
9 REST	10 Run/Elliptical/ Bike 30 minutes 10x20 yd sprints	11 Wall Ball 50 GB's	12 Run: 30 min Stretch	13 Wall Ball 50 GB's	14 Run : 40 min. (5 min. warm up, 25 steady, 5 hard, 5 cool down) Stretch	15 OFF
16 REST	17 Run/Elliptical/ Bike 30 minutes 5x50 yd sprints	18 Wall Ball 50 GB's	19 Run or cardio of choice: (10 minutes hard, 10 easy, 10 hard)	20 Wall Ball 50 GB's	21 Run or cardio of choice: 30 minutes w/cradling for last 10	22 OFF
23 REST	24 Run/Elliptical/ Bike 30 minutes 10x20 yd sprints	25 Wall Ball 50 GB's	26 Run: 3 mile run Stretch	27 Wall Ball 50 GB's	28 Run: 30 min	29
30 Rest	31					