

# PROGRAM OVERVIEW



## Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WKND.	PHASE		
1	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C	EXTRA CONDITIONING (OPTIONAL)	BASE		
2	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C				
3	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C				
4	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C		EXTRA CONDITIONING (OPTIONAL)	DEVELOPMENTAL	
5	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C				
6	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C				
7	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C				
8	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C			EXTRA CONDITIONING (OPTIONAL)	PEAK
9	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C				
10	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C				
11	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C		EXTRA CONDITIONING (OPTIONAL)	PEAK	
12	WORKOUT A	OFFENSIVE SPEED & CONDITIONING	WORKOUT B	DEFENSIVE SPEED & CONDITIONING	WORKOUT C				