

PURCELL MARIAN BOYS BBALL

2018-19 IN-SEASON TRAINING CALENDAR

◀ Oct 2018		November 2018				Dec 2018 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2 OPENING DAY Warm-up #1 5 min 10s (20 second rest) Individual	3 LIFT 2-3 Warm-up #2 5 min Fartlek (45 jog/15 sprint) Lift #1 Yoga DEVOTIONAL	
4	5 LIFT 3:45-4:30 Warm-up #1 3 x 60s (1 min rest) Lift #2 Individual	6 Warm-up #2 Suicides (5x Full Speed/Start every minute) Yoga	7 LIFT 3:45-4:30 Warm-up #1 5 min 10s (20 second rest) Lift #1 Individual	8 Warm-up #2 5 min Fartlek (45 jog/15 sprint) Yoga	9 Warm-up #1 3 x 60s (1 min rest) Yoga	10 LIFT 2-3 Warm-up #2 Lift #2 Yoga DEVOTIONAL	
11	12 LIFT 3:45-4:30 Warm-up #2 Suicides (5x Full Speed/Start every minute) Lift #1 Individual	13 Warm-up #1 3 x 60s (1 min rest) Yoga	14 LIFT 3:45-4:30 Warm-up #2 5 min Fartlek (45 jog/15 sprint) Lift #2 Individual	15 SCRIMMAGE	16 Warm-up #1 5 min 10s (20 second rest) Yoga	17 SCRIMMAGE	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	19 LIFT 3:45-4:30 Warm-up #2 Suicides (5x Full Speed/Start every minute) Lift #1 Individual	20 SCRIMMAGE Warm-up #1 5 min 10s (20 second rest) Yoga	21 THANKSGIVING BREAK LIFT TBD Warm-up #2 5 min Fartlek (45 jog/15 sprint) Lift #2 Individual	22 THANKSGIVING BREAK NO PRACTICE	23 THANKSGIVING BREAK SCRIMMAGE	24 SCRIMMAGE
25	26 LIFT 3:45-4:30 Warm-up #2 3 x 60s (1 min rest) Lift #1 Yoga	27 Warm-up #2 5 min 10s (20 second rest) Individual	28 LIFT 3:45-4:30 Warm-up #1 5 min Fartlek (45 jog/15 sprint) Lift #2 Yoga	29 Warm-up #2 Yoga	30 CHCA	

◀ Nov 2018		December 2018					Jan 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 LIFT 2-3 Warm-up #2 Lift #1 Yoga DEVOTIONAL	
2	3 Warm-up #1 5 min Fartlek (45 jog/15 sprint) Individual	4 LA SALLE	5 LIFT 3:45-4:30 Warm-up #2 5 min 10s (20 second rest) Lift #2 Individual	6 Warm-up #1 Suicides (5x Full Speed/Start every minute) Yoga	7 CJ	8 LIFT 2-3 Warm-up #2 Lift #1 Yoga DEVOTIONAL	
9	10 Warm-up #1 5 min Fartlek (45 jog/15 sprint) Individual	11 ELDER	12 LIFT 3:45-4:30 Warm-up #2 3 x 60s (1 min rest) Lift #2 Yoga	13 EASY DAY? Warm-up #1 Individual	14 FENWICK	15 CLARK MONTESORI	
16	17 LIFT 3:45-4:30 Warm-up #2 Suicides (5x Full Speed/Start every minute) Lift #1 Yoga	18 Warm-up #1 3 x 60s (1 min rest) Yoga	19 LIFT 3:45-4:30 Warm-up #2 5 min Fartlek (45 jog/15 sprint) Lift #2 Individual	20 EASY DAY? Warm-up #1 Individual	21 BADIN	22 GAME TBD	

◀ Nov 2018		December 2018					Jan 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
23	24 CHRISTMAS BREAK NO PRACTICE	25 CHRISTMAS BREAK NO PRACTICE	26 CHRISTMAS BREAK LIFT TBD Warm-up #1 3 x 60s (1 min rest) Lift #1 Yoga	27 CHRISTMAS BREAK Warm-up #2 5 min 10s (20 second rest) Individual	28 CHRISTMAS BREAK LIFT TBD Warm-up #2 Suicides (5x Full Speed/Start every minute) Lift #2 Yoga	29 Warm-up #2 5 min Fartlek (45 jog/15 sprint) Individual	
30	31 CHRISTMAS BREAK LIFT TBD Warm-up #1 3 x 60s (1 min rest) Lift #1 Yoga						

◀ Dec 2018		January 2019				Feb 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CHRISTMAS BREAK NO PRACTICE	2 CHRISTMAS BREAK LIFT 3:45-4:30 Warm-up #2 5 min 10s (20 second rest) Lift #2 Individual	3 CHRISTMAS BREAK Warm-up #2 Individual	4 CHRISTMAS BREAK ROGER BACON	5 ST.X

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7 Warm-up #2 Yoga	8 CARROLL	9 LIFT 3:45-4:30 Warm-up #1 Lift #1 Individual	10 EASY DAY? Warm-up #1 Individual	11 MCNICK	12 GAME TBD
13	14 Warm-up #2 Yoga	15 WYOMING	16 LIFT 3:45-4:30 Warm-up #1 Lift #2 Individual	17 VERY EASY DAY & SHORT PRACTICE?	18 ALTER WE NEED AN ORGANIZED STRETCH AFTER & BEFORE THE GAME: We have to do something to help them recover since they have 3 games in a row.	19 SUMMIT COUNTRY DAY
20 DEER PARK	21 NO SCHOOL NO PRACTICE	22 LIFT 3:45-4:30 Warm-up #1 Suicides (5x Full Speed/Start every minute) Lift #1 Yoga	23 Warm-up #1 5 min Fartlek (45 jog/15 sprint) Individual	24 LIFT 3:45-4:30 Warm-up #2 3 x 60s (1 min rest) Lift #2 Individual	25 Warm-up #2 5 min 10s (20 second rest) Yoga	26 DAY OFF?
27	28 Warm-up #1 5 min Fartlek (45 jog/15 sprint) Individual	29 CENTERVILLE	30 LIFT 3:45-4:30 Warm-up #2 5 min 10s (20 second rest) Lift #1 Yoga	31 EASY DAY? Warm-up #2 Yoga		

◀ Jan 2019		February 2019				Mar 2019 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 BADIN	2 CLINTON MASSIE	
3	4 LIFT Warm-up #1 5 min 10s (20 second rest) Lift #2 Individual	5 Warm-up #2 5 min Fartlek (45 jog/15 sprint) Yoga	6 LIFT Warm-up #1 3 x 60s (1 min rest) Lift #1 Individual	7 Warm-up #2 Yoga	8 ROGER BACON	9 LIFT 2-3 Warm-up #2 Lift #2 Yoga DEVOTIONAL	
10 TOURNAMENT DRAW	11 LIFT Warm-up #1 5 min 10s (20 second rest) Lift #1 Individual	12 Warm-up #2 5 min Fartlek (45 jog/15 sprint) Yoga	13 LIFT Warm-up #1 3 x 60s (1 min rest) Lift #2 Individual	14 Warm-up #2 Yoga	15 NO SCHOOL MCNICK	16 LIFT 2-3 Warm-up #2 Lift #2 Yoga DEVOTIONAL	
17 THE REST OF THE TRAINING DAYS WILL BE DECIDED ONCE THE TOURNAMENT DRAW IS SET	18 NO SCHOOL SECTIONAL BEGINS	19	20	21	22	23	

◀ Jan 2019

February 2019

Mar 2019 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26	27	28		

◀ Feb 2019		March 2019					Apr 2019 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
					1	2		
3	4 DISTRICT BEGINS	5	6	7	8	9		
10 This could be an interesting week since the kids won't have the structure of school. What can be done to make sure their week is pretty "normal" so we don't have a bad week.	11 SPRING BREAK REGIONAL BEGINS	12 SPRING BREAK	13 SPRING BREAK	14 SPRING BREAK	15 SPRING BREAK	16		
17	18	19	20	21 STATE BEGINS	22	23		
24	25	26	27	28	29	30		
31								

