|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Change into “work” clothes1:45-1:55pm | Change into “work” clothes1:45-1:55pm | Change into “work” clothes1:45-1:55pm | Change into “work” clothes1:45-1:55pm | **Turn In Research Notes.** Then get Changed1:45-1:55pm |
| Med ball / weighted warm ups1:55-2:10 | Med ball/ weighted warm ups1:55-2:10 | Med ball / weighted warm ups1:55-2:10 | Med ball / weighted warm ups1:55-2:10 | Med ball / weighted warm ups1:55-2:10 |
| **Weight room circuit or Agility Circuit**2:10-2:30pm | **Body Weight Circuit AND Static Stretch Routine** 2:10-2:30pm | **Weight room circuit or Agility Circuit**2:10-2:30pm | **Body Weight Circuit AND Static Stretch Routine** 2:10-2:30pm | **Weight room circuit or Agility Circuit**2:10-2:30pm |
| Daily Fundamentals (begin only after weight training is complete) | Daily Fundamentals(begin only after weight training is complete) | Daily Fundamentals(begin only after agility training is complete) | Daily Fundamentals(begin only after weight training is complete) | Daily Fundamentals(begin only after weight training is complete) |
|  |  |  |  |  |

Varsity Sports Spring Daily Calendar