

OTHS Boys' Lax Conditioning - June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 10 AM Weights: Begin Phase 1 11 AM FAST Training Cleats and Tennis Shoes	9 Wall Ball	10 10 AM Weights 11 AM FAST Training	11 10 AM Weights 11 AM FAST Training	12 Road Work	13 Wall Ball
14	15 10 AM Weights 11 Am FAST Training	16 Wall Ball	17 10 AM Weights 11 AM FAST Training	18 10 AM Weights 11 AM FAST Training	19 Road Work	20 Wall Ball
21	22 10 AM Weights 11 AM FAST Training	23 Wall Ball	24 10 AM Weights 11 AM FAST Training	25 10 AM Weights: Last Day Phase 1 11 AM FAST Training	26 Road Work	27 Wall Ball
28	29 10 AM Weights: Muscle Confusion Week 11 AM FAST Training	30 Wall Ball				

Coach McIntyre: (618) 509-1600
Coach Trotter: (618)581-0968



**Monday, Wednesday, Thursday; 10 AM to Noon
Bring Cleats, Tennis Shoes, Water, Tenacity**

"We must all suffer one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons." -Jim Rohn.

OTHS Boys' Lax Conditioning - July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10 AM Weights: Muscle Confusion Week 11AM FAST Training	2 10 AM Weights: Muscle Confusion Week 11 AM Caveman Obstacle Course	3	4
5	6 10 AM Weights: Begin Phase 2 11 AM FAST Training	7 Wall Ball	8 10 AM Weights 11 AM FAST Training	9 10 AM Weights 11 AM FAST Training	10 Road Work	11 Wall Ball
12	13 10 AM Weights 11 AM FAST Training	14 Wall Ball	15 10 AM Weights 11 AM FAST Training	16 10 AM Weights 11 AM FAST Training	17 Road Work	18 Wall Ball
19	20 10 AM Weights 11 AM FAST Training	21 Wall Ball	22 10 AM Weights 11 AM FAST Training	23 10 AM Weights 11 AM FAST Training	24 Road Work	25 Wall Ball
26	27 10 AM Meet Weight Room. Testing: Footwork, Agility, Speed, Weights	28 Wall Ball	29 10 AM Meet Weight Room. Testing: Footwork, Agility, Speed, Weights	30 10 AM Meet Weight Room. Testing: Footwork, Agility, Speed, Weights	31 Road Work	

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