

2019

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 WEEK 1 TEST WEEK	30 WEEK 1 TEST WEEK	01 WEEK 1 TEST WEEK	02 WEEK 1 TEST WEEK	03 WEEK 1 TEST WEEK	04 WEEK 1 TEST WEEK	05 WEEK 1 TEST WEEK
06 WEEK 2 Skillwork/Light Reps	07 WEEK 2 Skillwork/Light Reps	08 WEEK 2 Skillwork/Light Reps	09 WEEK 2 Skillwork/Light Reps	10 WEEK 2 Skillwork/Light Reps	11 WEEK 2 Skillwork/Light Reps	12 WEEK 2 Skillwork/Light Reps
13 WEEK 3 Tempo work	14 WEEK 3 Tempo work	15 WEEK 3 Tempo work	16 WEEK 3 Tempo work	17 WEEK 3 Tempo work	18 WEEK 3 Tempo work	19 WEEK 3 Tempo work
20 WEEK 4 High reps/Light weights	21 WEEK 4 High reps/Light weights	22 WEEK 4 High reps/Light weights	23 WEEK 4 High reps/Light weights	24 WEEK 4 High reps/Light weights	25 WEEK 4 High reps/Light weights	26 WEEK 4 High reps/Light weights
27 WEEK 5 Low reps/Heavy weights	28 WEEK 5 Low reps/Heavy weights	29 WEEK 5 Low reps/Heavy weights	30 WEEK 5 Low reps/Heavy weights	31 WEEK 5 Low reps/Heavy weights	01 WEEK 5 Low reps/Heavy weights	02 WEEK 5 Low reps/Heavy weights
03	04	Notes:				

2019

June

MONDAY

27

TUESDAY

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WEDNESDAY

29

THURSDAY

30

FRIDAY

31

SATURDAY

01

SUNDAY

02

03

WEEK 6
TEST WEEK

04

WEEK 6
TEST WEEK

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WEEK 6
TEST WEEK

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WEEK 6
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