

June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery Day	1 Lift Day 1 Getting Yards x 9	2 Lift Day 2 Agility A	3 Light 30-40 min cardio Bike/Elliptical/Rower get a good sweat	4 Lift Day 3 Hill Sprints	5 Lift Day 4 Agility B	6 Recovery Day
7 Recovery Day	8 Lift Day 1 Sprint Ladder	9 Lift Day 2 Agility C	10 Light 30-40 min cardio Bike/Elliptical/Rower get a good sweat	11 Lift Day 3 5k Build Up	12 Lift Day 4 Agility D	13 Recovery Day
14 Potentially Return to IU Fingers Crossed	15 Lift Day 1 Hill Sprints	16 Lift Day 2 Agility A	17 Light 30-40 min cardio Bike/Elliptical/Rower get a good sweat	18 Lift Day 3 Getting Yards x 10	19 Lift Day 4 Agility B	20 Recovery Day
21 Recovery Day	22 Lift Day 1 5k Build Up	23 Lift Day 2 Agility C	24 Light 30-40 min cardio Bike/Elliptical/Rower get a good sweat	25 Lift Day 3 Sprint Ladder	26 Lift Day 4 Agility D	27 Recovery Day
28	29	30	Notes:			