



2022 Offseason Training

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Our focus will be on short sprints, lifting, plyometrics, and building team chemistry.

We will be training at the track and Jr. High Weight room.

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Training 3:20-4:30pm @ Jr. High	7
10	11 Training 3:20-4:30pm @ Jr. High	12	13 Training 3:20-4:30pm @ Jr. High	14
17 NO SCHOOL	18 Training 3:20-4:30pm @ Jr. High	19	20 Training 3:20-4:30pm @ Jr. High	21
24	25 Training 3:20-4:30pm @ Jr. High	26	27 Training 3:20-4:30pm @ Jr. High	28

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 Training 3:20-4:30pm @ Jr. High	2	3 Training 3:20-4:30pm @ Jr. High	4
7	8 Training 3:20-4:30pm @ Jr. High	9	10 Training 3:20-4:30pm @ Jr. High	11
14	15 Training 3:20-4:30pm @ Jr. High	16	17 Training 3:20-4:30pm @ Jr. High	18 NO SCHOOL