

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(Week 1) 30 LEVEL 1 - A AGILITY 1 PLYOMETRICS 1 CORE 1	31 LEVEL 1 B TECHNIQUE 1 Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	1 LEVEL 1 - C AGILITY 2 PLYOMETRICS 2 CORE 2	2 LEVEL 1-D Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	3 TECHNIQUE 2 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	4 TEST PUSH-UPS & SITUPS Cardio Circuit 1 (OPTIONAL)
(Week 2) 6 LEVEL 1 - A AGILITY 1 PLYOMETRICS 1 CORE 1	7 TEST ILLINOIS AGILITY & PRO-AGILITY LEVEL 1-B Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	8 LEVEL 1 - C AGILITY 2 PLYOMETRICS 2 CORE 2	9 LEVEL 1-D Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	10 TECHNIQUE 2 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	11 TEST JUGGLING & TOUCH TEST Cardio Circuit 1 (OPTIONAL)
(Week 3) 13 LEVEL 1 - A AGILITY 1 PLYOMETRICS 1 CORE 1	14 COOPER TEST TECHNIQUE 1 Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	15 LEVEL 1 - C AGILITY 2 PLYOMETRICS 2 CORE 2	16 LEVEL 1-D Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	17 TECHNIQUE 2 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	18 TEST ILLINOIS AGILITY & PRO-AGILITY Cardio Circuit 1 (OPTIONAL)
(Week 4) 20 LEVEL 1 - A AGILITY 1 PLYOMETRICS 1 CORE 1	21 LEVEL 1 - B TECHNIQUE 1 Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	22 LEVEL 1 - C AGILITY 2 PLYOMETRICS 2 CORE 2	23 LEVEL 1-D Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	24 TECHNIQUE 2 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	25 Cardio Circuit 1 (OPTIONAL)

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(Week 5) 27 LEVEL 1 – A AGILITY 1 PLYOMETRICS 1 CORE 1	28 LEVEL 1 B TECHNIQUE 1 Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	29 LEVEL 1 – C AGILITY 2 PLYOMETRICS 2 CORE 2	30 LEVEL 1-D Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	1 TECHNIQUE 2 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	2 TEST PUSH-UPS & SITUPS Cardio Circuit 1 (OPTIONAL)
(Week 6) 4 LEVEL 2 – A AGILITY 1 PLYOMETRICS 1 CORE 1	5 TEST ILLINOIS AGILITY & PRO-AGILITY LEVEL 2-B Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	6 LEVEL 2 – C 120's : 4- two min. rest - 4 AGILITY 2 PLYOMETRICS 2 CORE 2	7 LEVEL 2-D Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	8 TECHNIQUE 2 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	9 TEST JUGGLING & TOUCH TEST Cardio Circuit 2 (OPTIONAL)
(Week 7) 11 LEVEL 2 – A AGILITY 1 PLYOMETRICS 1 CORE 1	12 COOPER TEST TECHNIQUE 1 Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	13 LEVEL 2 – C 120's : 6- two min. rest - 2 AGILITY 2 PLYOMETRICS 2 CORE 2	14 LEVEL 2-D Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	15 TECHNIQUE 2 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	16 TEST ILLINOIS AGILITY & PRO-AGILITY Cardio Circuit 2 (OPTIONAL)
(Week 8) 18 LEVEL 2 – A AGILITY 1 PLYOMETRICS 1 CORE 1	19 LEVEL 2 - B TECHNIQUE 1 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	20 LEVEL 2 – C 120's : 8- two min. rest - 2 AGILITY 2 PLYOMETRICS 2 CORE 2	21 LEVEL 1-D Free Weight Circuit #2 3x8 OR Body Weight Circuit #2 3x12	22 TECHNIQUE 2 Free Weight Circuit #3 3x8 OR Body Weight Circuit #3 3x12	23 Cardio Circuit 2 (OPTIONAL)
(Week 9) 25 LEVEL 2 – A AGILITY 1 PLYOMETRICS 1 CORE 1	26 LEVEL 2 - B TECHNIQUE 1 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	27 LEVEL 2 – C 120's : 10 IN A ROW AGILITY 2 PLYOMETRICS 2 CORE 2	28 LEVEL 1-D Free Weight Circuit #2 3x8 OR Body Weight Circuit #2 3x12	29 TECHNIQUE 2 Free Weight Circuit #3 3x8 OR Body Weight Circuit #3 3x12	30 TEST PUSH-UPS & SITUPS Cardio Circuit 2 (OPTIONAL)

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(Week 10) 1 LEVEL 3 - A AGILITY 1 PLYOMETRICS 1 CORE 1	2 TEST ILLINOIS AGILITY & PRO-AGILITY LEVEL 3-B Free Weight Circuit #1 3x10 OR Body Weight Circuit #1 3x12	3 LEVEL 3 - C AGILITY 2 PLYOMETRICS 2 CORE 2	4 LEVEL 3-D Free Weight Circuit #2 3x10 OR Body Weight Circuit #2 3x12	5 TECHNIQUE 2 Free Weight Circuit #3 3x10 OR Body Weight Circuit #3 3x12	6 TEST JUGGLING & TOUCH TEST Cardio Circuit 2 (OPTIONAL)
(Week 11) 8 LEVEL 3 - A AGILITY 1 PLYOMETRICS 1 CORE 1	9 COOPER TEST TECHNIQUE 1 Free Weight Circuit #1 3x10 OR Body Weight Circuit #1 3x12	10 LEVEL 3 - C AGILITY 2 PLYOMETRICS 2 CORE 2	11 LEVEL 3-D Free Weight Circuit #2 3x10 OR Body Weight Circuit #2 3x12	12 TECHNIQUE 2 Free Weight Circuit #3 3x10 OR Body Weight Circuit #3 3x12	13 Cardio Circuit 2 (OPTIONAL)
15 Season Begins!!	16	17	18	19	20