

# Lacrosse Summer Workout Calendar

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>1</b> 11:00 Weights Plyo/Speed	<b>2</b> 11:00 Weights Matt Drills	<b>3</b> 11:00 Weights Strong man Ga Tech Camp	<b>4</b> Ga Tech Camp	<b>5</b> Ga Tech Camp
<b>6</b> 3dlax @ N Ga	<b>7</b> 11:00 Weights Agility 3dlax @ N Ga	<b>8</b> 11:00 Weights Plyo/Speed 3D lax @ N Ga	<b>9</b> 11:00 Weights Plyo/Speed 3D lax @ N Ga	<b>10</b> 11:00 Weights Strong Man Leader Lacrosse at Lassiter	<b>11</b> Leader Lacrosse at Lassiter	<b>12</b> Leader Lacrosse at Lassiter
<b>13</b>	<b>14</b> 11:00 Weights Agility Run and Gun in Alpharetta	<b>15</b> 11:00 Weights Plyo/Speed Run and Gun in Alpharetta	<b>16</b> 11:00 Weights Plyo/Speed Run and Gun in Alpharetta	<b>17</b> 11:00 Weights Strong Man Run and Gun in Alpharetta	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> 11:00 Weights Agility	<b>22</b> 11:00 Weights Plyo/Speed	<b>23</b> 11:00 Weights Plyo/Speed	<b>24</b> 11:00 Max out Lift-a-Thon Strong Man	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> 11:00 Weights Agility	<b>29</b> 11:00 Weights Plyo/Speed	<b>30</b> 11:00 Weights Plyo/Speed			

June 2010

# Lacrosse Summer Workout

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b> 11:00 Weights Strong man	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Dead Week No lifting	<b>6</b> Dead Week No lifting	<b>7</b> Dead Week No Lifting	<b>8</b> Dead Week No lifting	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> 11:00 Weights Agility	<b>13</b> 11:00 Weights Plyo/Speed	<b>14</b> 11:00 Weights Mat Drills	<b>15</b> 11:00 Weights Strong man	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> 11:00 Weights Agility	<b>20</b> 11:00 Weights Plyo/Speed	<b>21</b> 11:00 Weights Mat Drills	<b>22</b> 11:00 Weights Strong man	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> No Lifting Teacher workday	<b>27</b> No Lifting Teacher workday	<b>28</b> No Lifting Teacher workday	<b>29</b> No Lifting Teacher workday	<b>30</b>	<b>31</b>

July 2010