



# Treynor Strength and Conditioning Summer 2023 Schedule

*INCOMING 9TH - 12TH GRADE*

*STARTING MONDAY JUNE 5TH - ENDING THURSDAY JULY 20TH*

*\*NO TRAINING ON JULY 3RD OR 4TH*

*\*\*NO TRAINING DURING STATE MANDATED "FAMILY" WEEK JULY 23RD - 30TH*

	<u>9TH/10TH</u>	<u>11TH/12TH</u>
<u>MONDAYS</u> -	WEIGHTS 6:50-8AM	WEIGHTS 7:50-9AM
<u>TUESDAYS</u> -	WEIGHTS 7-8AM SPEED 8-9AM	SPEED 7-8AM WEIGHTS 8-9AM
<u>WEDNESDAY</u> -	SPEED 7-8AM WEIGHTS 8-9AM	WEIGHTS 7-8AM SPEED 8-9AM
<u>THURSDAYS</u> -	WEIGHTS 7-8AM SPEED 8-9AM	SPEED 7-8AM WEIGHTS 8-9AM

26 TOTAL SESSIONS

\*IN CASE OF INCLEMENT WEATHER ALL SPEED SESSIONS WILL BE HELD IN THE WEST GYM

