

**Middle School Boys, Girls, and High School Boys and Girls**  
**Summer Strength & Conditioning Program**  
**2009**

<b>Monday</b> June 1, 2009	<b>Tuesday</b> June 2, 2009	<b>Wednesday</b> June 3, 2009	<b>Thursday</b> June 4, 2009	<b>Friday</b> June 5, 2009
<b>Start</b>  <b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>No Workout</b>
<b>Monday</b> June 7, 2009	<b>Tuesday</b> June 9, 2009	<b>Wednesday</b> June 10, 2009	<b>Thursday</b> June 11, 2009	<b>Friday</b> June 12, 2009
<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>No Workout</b>
<b>Monday</b> June 15, 2009	<b>Tuesday</b> June 16, 2009	<b>Wednesday</b> June 17, 2009	<b>Thursday</b> June 18, 2009	<b>Friday</b> June 19, 2009
<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>No Workout</b>
<b>Monday</b> June 22, 2009	<b>Tuesday</b> June 23, 2009	<b>Wednesday</b> June 24, 2009	<b>Thursday</b> June 25, 2009	<b>Friday</b> June 26, 2009
<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>No workout</b>
<b>Monday</b> June 29, 2009	<b>Tuesday</b> June 30, 2009	<b>Wednesday</b> July 1, 2009	<b>Thursday</b> July 2, 2009	<b>Friday</b> July 3, 2009
<b>Summer Vacation</b>	<b>Summer Vacation</b>	<b>Summer Vacation</b>	<b>Summer Vacation</b>	<b>Summer Vacation</b>
<b>Monday</b> July 6, 2009	<b>Tuesday</b> July 7, 2009	<b>Wednesday</b> July 8, 2009	<b>Thursday</b> July 9, 2009	<b>Friday</b> July 10, 2009
<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>No workout</b>
<b>Monday</b> July 13, 2009	<b>Tuesday</b> July 14, 2009	<b>Wednesday</b> July 15, 2009	<b>Thursday</b> July 16, 2009	<b>Friday</b> July 17, 2009
<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>End</b> <b>Workout</b>	<b>No workout</b>

**Workout times for each group: Middle School Boys & Girls / High School Boys & Girls**

Workout Time:      8:00am to 9:30am - Middle School Boys & Girls  
                           10:30 am to 12:00 pm - High School Girls  
                           5:30 pm to 7:00 pm - High School Boys

Site: High School Weight Room