

## (Proposed) January Program Crusaders

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9:30</b>	Meeting	Meeting	Meeting	Meeting	Meeting
<b>10:00</b>	Unit	Individual (Micro)	Unit	Individual (Micro)	Unit
<b>11:00</b>	Team	Unit	Team +Anaerobic Games	Unit	Team
	<b>B</b>	<b>R</b>	<b>E</b>	<b>A</b>	<b>K</b>
<b>2:00</b>	Anaerobic Games	Speed – Backs		Conditioning Opts.(various) - Cross Country - Hill Repeats - Repeated Speed - Cross Training or Water Based - Strongman Circuit	Speed – Forwards
<b>3:00</b>	Boxing or Wrestling	Strength – Backs Speed – Forwards		Upper Body Weights	Strength – Forwards Or Speed - Backs
<b>4:00</b>	Pilates or Yoga or Stretch (Optional)	Strength – Forwards	<b>Massage</b>	Pilates or Yoga or Stretch	Strength – Backs

If you choose to do Upper Body weights on Thursday afternoon then you will do lower body weights after speed on Friday afternoon,  
if not then you will do a full body weights workout on Friday.