ATHLETE MOVEMENT LAB

WEEKLY TRAINING TIMETABLE

RUNNING SESSIONS | SPEED & AGILITY | STRENGTH & CONDITIONING | YOUTH TRAINING | MOBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	**MORNING**	**MORNING**	**MORNING**	**MORNING**	**MORNING**	**MORNING**
5:30 AM - 6:30 AM Road Tempo - Run	5:30 AM - 6:15 AM Strength and Conditioning Class	5:30 AM - 6:30 AM Forest Trail - Run		5:30 AM - 6:30 AM Short Interval Speed Training - Run	6:30 AM - 7:15 AM Body Weight Strength Class 7:30 AM - 8:15 AM Strength and Conditioning Class 8:30 AM - 9:15 AM Animal Flow - Beginner Class	
AFTERNOON	**AFTERNOON**	**AFTERNOON**	**AFTERNOON**	**AFTERNOON**	**AFTERNOON**	**AFTERNOON**
3:45 PM - 4:30 PM Speed / Fartlek Session - Run	4:00 PM - 4:45 PM Young Athlete Development Program	4:00 PM - 4:45 PM Young Athlete Development Program	4:00 PM - 4:45 PM Young Athlete Development Program	4:00 PM - 4:45 PM Young Athlete Development Program		
EVENING	**EVENING**	**EVENING**	**EVENING**	**EVENING**	**EVENING**	**EVENING**
	5:00 PM - 5:45 PM Body Weight Strength Class 6:00 PM - 7:00 PM AF - Mobility Conditioning	5:00 PM - 5:45 PM Hill Speed / Power - Run 6:00 PM - 7:00 PM Animal Flow - Mobility	5:00 PM - 5:45 PM Body Weight Strength Class 5:45 PM - 6:30 PM Strength and Conditioning	4:45 PM - 5:30 PM Speed and Agility Class 5:30 PM - 6:30 PM Animal Flow - Advanced Class		