



## WEIGHTS AND CONDITIONING

### DECEMBER 2020:

<u>Mondays:</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1	2	3	4	
7	8	9	10	11
14	15	16	17	18
21	22	23	<b>EVE</b>	<b>X-Mas</b>
28	29	30		

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### JANUARY 2021:

<u>Mondays:</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4	5	6	7	8
11	12	13	14	15
<b>18(MLK)</b>	19	20	21	22
25	26	27	28	29

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### FEBRUARY 2021

<b>Mondays:</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
1	2	3	4	5
8	9	10	11	12

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**Mondays**-Weights, MCHS Gym

**Tuesday**- Conditioning, MCHS Stadium

**Wednesday**- Weights, MCHS Gym (Speed and Agility/Conditioning)

**Thursday**-Conditioning, MCHS Stadium (Additional practices)

**Friday**- Wall Ball, MCHS Wall