

March

Week 1	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
	Warm Up	10		10		10
	Balance	20	20	20	20	20
	Strength (Lifting)	40	40	40	40	
	Hip Work	10	10	10	10	10
	Plyo Work		10		10	
	Core	10	10	10	10	10
	Power/Speed	10	5	10	5	10
	Technical Throwing Drills	20	25	20	25	45
	Fun Time					15

Weeks 2, 3, 4	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
	Warm Up	10		10		10
	Balance	15	15	15	15	15
	Strength (Lifting)	40	40	40	40	
	Hip Work	5	5	5	5	5
	Plyo Work		10		10	
	Core	10	10	10	10	10
	Power/Speed	10		10		10
	Technical Throwing Drills	30	40	30	40	55
	Fun Time					15

April

Weeks 1 & 2	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
	Warm Up	10		10		10
	Balance	15	15	15	15	15
	Strength (Lifting)	40	40	40	40	
	Hip Work	5	5	5	5	5
	Plyo Work		10		10	
	Core	10	10	10	10	10
	Power/Speed	10	5	10	5	10
	Technical Throwing Drills	30	35	30	35	55
	Fun Time					15

Weeks 3 & 4	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
	Warm Up	10		10		10
	Balance	10	10	10	10	10
	Strength (Lifting)	40	40	40	40	
	Hip Work	5	5	5	5	5
	Plyo Work		10		10	
	Core	10	10	10	10	10
	Power/Speed	10	5	10	5	10
	Technical Throwing Drills	35	40	35	40	60
	Fun Time					15

May

Weeks 1 & 2	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
	Warm Up	10		10		10
	Balance	10	10	10	10	10
	Strength (Lifting)	20	20	20	20	
	Hip Work	5	5	5	5	5
	Plyo Work		10		10	
	Core	10	10	10	10	10
	Power/Speed	10	5	10	5	10
	Technical Throwing Drills	55	60	55	60	60
	Fun Time					15

Week 3	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
	Warm Up	10	Conf Meet	10		10
	Balance	10		10	10	10
	Strength (Lifting)			20	20	20
	Hip Work	5		5	5	5
	Plyo Work				10	
	Core	10		10	10	10
	Power/Speed	5		5	5	5
	Technical Throwing Drills	80		60	60	45
	Fun Time					15

Week 4	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
	Warm Up	Regionals		10	Sectionals	10
	Balance		10	10		10
	Strength (Lifting)		15	15		
	Hip Work		5	5		5
	Plyo Work					5
	Core		10	10		10
	Power/Speed		5	5		5
	Technical Throwing Drills		75	65		60
	Fun Time					15

June

Week 1	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
	Warm Up	10		10	State	State
	Balance	10	10	10		
	Strength (Lifting)	10	10	10		
	Hip Work	5	5	5		
	Plyo Work					
	Core	10	10	10		
	Power/Speed	5	5	5		
	Technical Throwing Drills	70	80	70		
	Fun Time					