



WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL
TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
MOVEMENT/SPEED	SKILLS	MOVEMENT/SPEED	SKILLS	MOVEMENT/SPEED
LIFT	LIFT		LIFT	LIFT ¹
MOBILITY	MOBILITY	MOBILITY	MOBILITY	MOBILITY

¹Friday Lifts will not occur during tackle football season

	TIME
ACADEMIC AND ELECTIVE SCHEDULE	8:00 AM - 12:00 PM
ARRIVAL SADDLEBACK STRENGTH & CONDITIONING FACILITY	TIME
22600 LAMBERT STREET, UNIT 906 LAKE FOREST, CA 92630	1:00 PM
MOVEMENT/SPEED DEVELOPMENT TRAINING SESSION Form Development Athlete Specific Plan	1:30 PM - 2:15 PM
LIFT SESSION Athlete Specific Lift Plan Stretching Mobility	2:15 PM - 3:15 PM
COOL DOWN Get Protein Shake & Meal Prep, Rest Cool Down	3:15 PM - 3:30 PM
HOMEWORK STUDY HALL Study	3:30 PM - 4:00 PM
GO HOME	4:00 PM

NOTE: CARPOOLING IS AVAILABLE FOR 2022-2023 STUDENT ATHLETE CLASS