

Below is the training schedule for the Acceleration Training program for the Summer. The athletes should arrive to Wienbergen Hall 15 minutes prior for each training or testing day. Workouts should be done between 75 to 90 minutes each day.

June 2	Pre-Test Day 1
June 4	Pre-Test Day 2
June 7	Workout 1
June 9	Workout 2
June 11	Workout 3
June 14	Workout 4
June 16	Workout 5
June 18	Workout 6
June 21	Workout 7
June 23	Workout 8
June 25	Workout 9
June 28	Workout 10
June 30	Workout 11
July 2	Workout 12
July 7	Workout 13
July 9	Workout 14
July 12	Workout 15
July 14	Workout 16
July 16	Workout 17
July 19	Workout 18
July 21	Post Test Day 1
July 23	Post Test Day 2