

June

2019

Fairfield High Girl's Soccer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 2 Mile Test Ab/Pushup #1	11 40 Yard Shuttle 4 Sets	12 Run 2 miles Bike 6 miles Ab/Pushup #2	13 50 Yard Cones 4 Sets	14 Run 2 Miles Ab/Pushup #3	15 Rest
16 Strength Training	17 Run 2 Miles Ab/Pushup #1	18 Training 9-11am 40 Yard Shuttle 4 Sets	19 Lift 2-3pm Ab/Pushup #2	20 Training 9-11am 50 Yard Cones 5 Sets	21 Run 2 Miles Ab/Pushup #3	22 Rest
23 Strength Training	24 Run 3 Miles Ab/Pushup #1	25 Training 9-11am 40 Yard Shuttle 6 Sets	26 Lift 2-3pm Ab/Pushup #2	27 Training 9-11am 50 Yard Cones 5 Sets	28 Run 3 Miles Ab/Pushup #3	29 Rest
30 Strength Training						

July

2019

Fairfield High Girl's Soccer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Run 3 Miles Ab/Pushup #1	2 Training 9-11am 40 Yards 6 Sets	3 Lift 2-3pm Ab/Pushup #2	4 Training 9-11am 50 Yard Cones 6 Sets	5 Run 3 Miles Ab/Pushup #3	6 Rest
7 Strength Training	8 2 Mile Test Ab/Pushup #1	9 Training 9-11am 40 Yard Shuttle 6 Sets	10 Lift 2-3pm Ab/Pushup #2	11 Training 9-11am 50 Yard Cones 6 Sets	12 Run 3 Miles Ab/Pushup #3	13 Rest
14 Strength Training	15 Run 4 Miles Ab/Pushup #1	16 Training 9-11am 40 Yard Shuttle 8 Sets	17 Lift 2-3pm Ab/Pushup #2	18 Training 9-11am 120's 6 Sets	19 Run 4 Miles Ab/Pushup #3	20 Rest
21 Strength Training	22 Run 4 Miles Ab/Pushup #1	23 Training 9-11am 40 Yard Shuttle 8 Sets	24 Lift 2-3pm Ab/Pushup #2	25 Training 9-11am 120's 8 Sets	26 Ab/Pushup #3	27 Five Angels Tournament
28 Five Angels Tournament	29 Ab/Pushup #1	30 Training 9-11am 40 Yard Shuttle 8 Sets	31 Lift 2-3pm Ab/Pushup #2			

August

2019

Fairfield High Soccer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Training 9-11am 120's 8 Sets	2 Run 2 Miles Ab/Pushup #3	3 Rest
4 Strength Training	5 Run 2 Miles Ab/Pushup #1	6 Training 9-11am 40 Yard Shuttle 8 Sets	7 Lift 2-3pm Ab/Pushup #2	8 Training 9-11am 120's 10 Sets	9 Run 2 Miles Ab/Pushup #3	10 Rest