

July

2019

Fairfield High Girl's Soccer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 40 Yard Shuttle 4 Sets	2 Conditioning 8am	3 Off	4 NO TRAINING	5 Off	6 Run 2 Miles Ab/Pushup #3
7 Strength Training Ab/Pushup #1	8 Training 9-11am	9 Conditioning 8am	10 Rest	11 Training 9-11am Ab/Pushup #2	12 50 Yard Cones 4 Sets	13 Run 2 Miles Ab/Pushup #3
14 Strength Training Ab/Pushup #1	15 Training 9-11am	16 Conditioning 8am	17 Rest	18 Training 9-11am Ab/Pushup #2	19 50 Yard Cones 4 Sets	20 Run 3 Miles Ab/Pushup #3
21 Strength Training Ab/Pushup #1	22 Training 9-11am	23 Conditioning 8am	24 Rest	25 Training 9-11am Ab/Pushup #3	26 Rest	27 Five Angels Tournament
28 Five Angels Tournament	29 Off	30 Off	31 50 Yard Cones 4 Sets	1 Training 9-11am Ab/Pushup #2	2 40 Yard Shuttle 6 Sets	3 Rest