

Lakeville South Summer Strength & Speed Training 2021

Begins Wed. June 16th

This is the intended summer strength training schedule. Due to the pandemic this may necessitate that we change times or schedules. We know we need to remain somewhat flexible and we will keep you updated as to any schedule changes.

At this point we do not know if we will be required to be outside or inside – but, this prepares us for both scenarios.

Session	Time	Days	Group	Training Methodology	Site
1	7:30-8:40	M/T/W/Th	Girls 9-12	Strength/Power	Stadium/Inside?
	8:40-9:10	M/T/W/Th	Girls 9-12	Movement/Speed	Field
2.	8:45-9:55	M/T/W/Th	Boys 11-12	Strength/Power	Stadium/Inside?
	9:55-10:25	M/T/W/Th	Boys 11-12	Movement/Speed	Field
3	10-11:10	M/T/W/Th	Boys 9-10	Strength/Power	Stadium/Inside?
	11:10-11:40	M/T/W/Th	Boys 9-10	Movement/Speed	Field
4	11:15-12:15	M/T/Th	Boys 6-8	Strength/Power	Stadium/Inside?
	12:15-12:45	M/T/Th	Boys 6-8	Movement/Speed	Field
5	12:20-1:20	M/T/Th	Girls 6-8	Strength/Power	Stadium/Inside?
	1:20-1:50	M/T/Th	Girls 6-8	Movement/Speed	Field
6	1:25-2:15	T/Th	Youth Gr. 3-5	Movement	Weightroom/field/gym