

# **Lakeville South Summer Strength & Speed Training Schedule 2025**

**Begins Tuesday June 17th**

**These are the intended dates and times for different groups. If these particular times do not work for a particular group – please contact Coach Sahli as we already know there will be some exceptions.**

<b>Session</b>	<b>Time</b>	<b>Days</b>	<b>Group</b>	<b>Training Methodology</b>	<b>Site</b>
1	7:30-8:50	M/T/W/Th	Boys 11-12	Strength/Power	Weight Room
	8:55-9:35	M/T/W/Th	Boys 11-12	Movement/Speed	Field
2.	<b>8:50-10:05</b>	<b>M/T/W/Th</b>	<b>Girls 9-12</b>	<b>Strength/Power</b>	<b>Weight Room</b>
	<b>10:10-10:50</b>	<b>M/T/W/Th</b>	<b>Girls 9-12</b>	<b>Movement/Speed</b>	<b>Field</b>
3	10:10 -11:20	M/T/W/Th	Boys 9-10	Strength/Power	Weight Room
	11:25-12:05	M/T/W/Th	Boys 9-10	Movement/Speed	Field
4	<b>11:20-12:20</b>	<b>M/T/Th</b>	<b>Boys 6-8</b>	<b>Strength/Power</b>	<b>Weight Room</b>
	<b>12:25-12:55</b>	<b>M/T/Th</b>	<b>Boys 6-8</b>	<b>Movement/Speed</b>	<b>Field</b>
5	12:20-1:20	M/T/Th	Girls 6-8	Strength/Power	Weight Room
	1:25-1:55	M/T/Th	Girls 6-8	Movement/Speed	Field
6	<b>1:25-2:15</b>	<b>T/Th</b>	<b>Youth Gr. 3-5</b>	<b>Movement</b>	<b>Weightroom/field/gym</b>