

Lakeville South Summer Strength & Speed Training Schedule 2026

Begins Wednesday June 10th

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.

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

Note: We will not be able to use the indoor track on July 30 and 31 due to volleyball.