

June 2009

May 2009

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

June 2009

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2009

S	M	T	W	T	F	S	
				1	2	3	4
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

■ Workout

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 BEGIN BUILDING PHASE	1 Lift Fartlek Workout	2 Play Hockey; stickwork	3 Lift Interval Workout	4 OFF	5 Lift Fartlek Workout	6 Stickwork
7 OFF	8 Fartlek Workout Lift	9 Circuit Training Stickwork	10 Interval Workout Lift	11 OFF	12 Fartlek Workout Lift	13 Stickwork
14 OFF	15 Fartlek Workout Lift	16 Circuit Training	17 Lift Interval Workout	18 OFF	19 Fartlek Workout Lift	20 Stickwork
21 OFF	22 Lift Testing	23 Circuit Training	24 Lift Interval Workout	25 Stickwork	26 Aerobic activity: 30 minutes Lift	27 Stickwork
28 OFF	29 Lift BEGIN STRENGTH PHASE Interval Workout	30 Stickwork Circuit Training	1	2	3	4