

Pine-Richland Field Hockey * Summer Conditioning * Summer 2016

| | | Agility & Footwork | Speed | Timed Run | Intervals or Fartleks | Legs | Arms | Core |
|--------|--------|--------------------|-------|-----------|-----------------------|------|------|------|
| Week 1 | Jun-13 | | | | | | | |
| | Jun-14 | | | | | | | |
| | Jun-15 | | | | | | | |
| | Jun-16 | | | | | | | |
| | Jun-17 | | | | | | | |
| | Jun-18 | | | | | | | |
| | Jun-19 | | | | | | | |
| Week 2 | Jun-20 | | | | | | | |
| | Jun-21 | | | | | | | |
| | Jun-22 | | | | | | | |
| | Jun-23 | | | | | | | |
| | Jun-24 | | | | | | | |
| | Jun-25 | | | | | | | |
| | Jun-26 | | | | | | | |
| Week 3 | Jun-27 | | | | | | | |
| | Jun-28 | | | | | | | |
| | Jun-29 | | | | | | | |
| | Jun-30 | | | | | | | |
| | Jul-01 | | | | | | | |
| Week 4 | Jul-02 | | | | | | | |
| | Jul-03 | | | | | | | |
| | Jul-04 | | | | | | | |
| | Jul-05 | | | | | | | |
| | Jul-06 | | | | | | | |
| | Jul-07 | | | | | | | |
| | Jul-08 | | | | | | | |
| | Jul-09 | | | | | | | |
| Week 5 | Jul-10 | | | | | | | |
| | Jul-11 | | | | | | | |
| | Jul-12 | | | | | | | |
| | Jul-13 | | | | | | | |
| | Jul-14 | | | | | | | |
| | Jul-15 | | | | | | | |
| | Jul-16 | | | | | | | |
| | Jul-17 | | | | | | | |

| | | Agility & Footwork | Speed | Timed Run | Intervals or Fartleks | Legs | Arms | Core |
|--------|--------|--------------------|-------|-----------|-----------------------|------|------|------|
| Week 6 | Jul-18 | | | | | | | |
| | Jul-19 | | | | | | | |
| | Jul-20 | | | | | | | |
| | Jul-21 | | | | | | | |
| | Jul-22 | | | | | | | |
| | Jul-23 | | | | | | | |
| | Jul-24 | | | | | | | |
| Week 7 | Jul-25 | | | | | | | |
| | Jul-26 | | | | | | | |
| | Jul-27 | | | | | | | |
| | Jul-28 | | | | | | | |
| | Jul-29 | | | | | | | |
| | Jul-30 | | | | | | | |
| | Jul-31 | | | | | | | |
| Week 8 | Aug-01 | | | | | | | |
| | Aug-02 | | | | | | | |
| | Aug-03 | | | | | | | |
| | Aug-04 | | | | | | | |
| | Aug-05 | | | | | | | |
| | Aug-06 | | | | | | | |
| | Aug-07 | | | | | | | |
| Week 9 | Aug-08 | | | | | | | |
| | Aug-09 | | | | | | | |
| | Aug-10 | | | | | | | |
| | Aug-11 | | | | | | | |
| | Aug-12 | | | | | | | |
| | Aug-13 | | | | | | | |
| | Aug-14 | | | | | | | |

Record sets/reps or times.

Name: _____

Grade: _____

Signature: _____