



U 17 NATIONAL TEAM (88'S)



JANUARY 2005

WK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	2 STRENGTH MULTI / MV AC / AP / ALC	3 CONDITIONING:	4 CONDITIONING:	5 REPORT FROM BREAK CONDITIONING:	6 COOPERS TEST FITNESS TESTING: 2 MILES IN 12 MINUTES 12 MINUTES REST 1 MILE IN 6 MINUTES	7 CONDITIONING:	8
20	9 HYPER ACCEL AC	10 CONDITIONING: AC	11 LIFT - 12,10,8 HAMS, CHEST, SHLDRS MOVEMENT: ACCEL	12 CONDITIONING: AC	13 LIFT - 12,10,8 QUADS, BACK MOVEMENT: ACCEL	14 OPTIONAL LIFT? BACK, ARMS CALVES CONDITIONING:	15 GAME ILLINOIS / WISCONSIN ODP
21	16 HYPER ACCEL / MULTI AC	17 CONDITIONING: AC	18 LIFT - 10,10,8 HAMS, CHEST, SHLDRS MOVEMENT: ACCEL	19 CONDITIONING: 3 LAPS (75% EFFORT) 1/2 LAP RECOVERY	20 LIFT - 10,10,8 QUADS, BACK MOVEMENT: MULTI GAME CANADA	21 OPTIONAL LIFT? BACK, ARMS CALVES CONDITIONING: AC - RECOVERY RUN OR POOL MOBILITY / COND	22 LSD RUN 1 HOUR AC RUN OPTIONAL LIFT? BACK, ARM,CALVES GAME CANADA
22	23 HYPER ACCEL / MV AC/AP	24 CONDITIONING: AC	25 LIFT - 10,8,6 HAMS, CHEST, SHLDRS MOVEMENT: ACCEL	26 CONDITIONING: FITNESS TESTING 2 MILE / 1 MILE (12M:6M) BAYSHORE HS	27 LIFT - 10,8,6 QUADS, BACK MOVEMENT: MAX VELOCITY	28 OPTIONAL LIFT? BACK, ARMS CALVES CONDITIONING: AP	29 GAME SUPER Y LEAGUE ODP COCOA BEACH
23	30 STR / UNLOAD MULTI / MV AC/AP	31 CONDITIONING: AC	1 LIFT - 3X5 PULL MOVEMENT: MULTI FEBRUARY	2 CONDITIONING: GAME COLUMBUS CREW (4PM)	3 LIFT - 3X5 PUSH MOVEMENT: MV	4 CONDITIONING: AP	5 GAME SOUTH CAROLINA (89'S)