



January 2010

LOUISBURG FOOTBALL

Lifting Times
Group 1—4:30-5:20
Group 2—5:30-6:20
Group 3—7:00-7:50
Group 4—8:00-8:50

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13 First Day of Classes!	14	15	16
17	18 MLK Day (No Classes)	19	20	21 TEAM MEETING #1	22	23
24	25 <u>Lifting Groups</u> Posted on Board After lunch.	26 TEAM MEETING #2	27	28 STRENGTH TRAINING BEGINS *Know your group!!	29 STRENGTH TRAINING	30
31						

CHARACTER FIRST!



February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 STRENGTH TRAINING	3	4 STRENGTH TRAINING	5 STRENGTH TRAINING	6
7	8	9 STRENGTH TRAINING (on own-Basketball Game)	10	11 STRENGTH TRAINING (on own-Basketball Game)	12 STRENGTH TRAINING -End Phase I-	13
14	15 SPEED TRAINING -Start Phase II-	16 STRENGTH TRAINING	17 SPEED TRAINING	18 STRENGTH TRAINING	19 STRENGTH TRAINING	20
21	22 SPEED TRAINING	23 STRENGTH TRAINING	24 SPEED TRAINING	25 STRENGTH TRAINING	26 STRENGTH TRAINING	27
28						

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Group 2—5:30-6:20

Group 3—7:00-7:50

Group 4—8:00-8:50

Speed Training

6:00AM—7:15AM—in Gym!!

CHARACTER FIRST!



March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 SPEED TRAINING	2 STRENGTH TRAINING	3 SPEED TRAINING	4 STRENGTH TRAINING	5 STRENGTH TRAINING -End Phase II-	6
7	8 SPRING BREAK	—————→				13
14	15	16 Practice 1 -Start Phase III-	17 Practice 2	18 STRENGTH TRAINING	19 Practice 3	20
21	22 Practice 4	23 STRENGTH TRAINING	24 Practice 5	25 STRENGTH TRAINING	26 Practice 6	27
28	29 Practice 7	30 STRENGTH TRAINING	31 Practice 8			

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Group 2—5:30-6:20

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Group 4—8:00-8:50

Speed Training

6:00AM—7:15AM—in Gym!!

CHARACTER FIRST!



April 2010

LOUISBURG FOOTBALL

Lifting Times
 Group 1—4:30-5:20
 Group 2—5:30-6:20
 Group 3—7:00-7:50
 Group 4—8:00-8:50

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 DAY OFF	2 GOOD FRIDAY	3
4	5 Practice 9	6 STRENGTH TRAINING	7 Practice 10	8 STRENGTH TRAINING	9 Practice 11	10
11	12 Practice 12	13 STRENGTH TRAINING	14 Practice 13	15 STRENGTH TRAINING	16 Practice 14	17
18	19 Practice 15	20 STRENGTH TRAINING	21 Practice 16	22 STRENGTH TRAINING	23 Practice 17	24 Signee Day (Practice 18)
25	26 Study for Finals!	27	28	29	30 (Reading Day)	Finals week starts May 3

CHARACTER FIRST!