

June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Agility</i> <i>Sets 1, 2, & 3</i>	4	5 <i>Agility</i> <i>Sets 3, 4, & 5</i>	6	7
8	9	10 <i>Agility</i> <i>Sets 1,2,3, & 4</i>	11	12 <i>Agility</i> <i>Sets 2,3,4,& 5</i>	13	14
15	16	17 <i>Agility</i> <i>Sets 1,2,3,4,5</i>	18	19 <i>Agility</i> <i>Sets 1,2,3,4,5</i>	20	21
22	23 <i>Agility</i> <i>Sets 1 &2</i> <i>Sprint Workout #1</i>	24	25 <i>Agility</i> <i>Sets 3 & 4</i> <i>Sprint Work Out #2</i>	26	27 <i>Agility</i> <i>Sets 4 & 5</i> <i>Sprint Work Out #3</i>	28
29	30 <i>Agility</i> <i>Sets 1 & 3</i> <i>Sprint Work Out #4</i>					

July 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Agility</i> <i>Sets 2 & 4</i> <i>Sprint Work Out #5</i>	3	4	5
6	7 <i>Agility</i> <i>Sets 3 & 5</i> <i>Sprint Work Out #6</i>	8	9 <i>Agility</i> <i>Sets 1 & 5</i> <i>Sprint Work Out #7</i>	10	11 <i>Agility</i> <i>Sets 2 & 3</i> <i>Sprint Work Out #8</i>	12
13	14 <i>Agility</i> <i>Set 1</i> <i>Sprint Work Out #9</i>	15	16 <i>Agility</i> <i>Set 2</i> <i>Sprint Work Out #10</i>	17	18 <i>Agility</i> <i>Set 3</i> <i>Sprint Work Out #11</i>	19
20	21 <i>Agility</i> <i>Set 4</i> <i>Sprint Work Out #12</i>	22	23 <i>Agility</i> <i>Set 5</i> <i>Sprint Work Out #13</i>	24	25 <i>Agility</i> <i>Set 1</i> <i>Sprint Work Out #14</i>	26
27	28 <i>Agility</i> <i>Set 2</i> <i>Sprint Work Out #15</i>	29	30 <i>Agility</i> <i>Set 3</i> <i>Sprint Work Out #16</i>	31		

August 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Agility</i> <i>Set 4</i> <i>Sprint Work Out #17</i>	2
3	4 <i>Agility</i> <i>Set 1 & 5</i> <i>Sprint Work Out #18</i>	5	6 <i>Agility</i> <i>Set 1</i> <i>Sprint Work Out #19</i>	7	8 <i>Agility</i> <i>Set 2</i> <i>Sprint Work Out 2#0</i>	9
10	11 <i>Agility</i> <i>Set 3 & 4</i> <i>Sprint Work Out #21</i>	12	13 <i>Agility</i> <i>Set 4</i> <i>Sprint Work Out #22</i>	14	15 <i>Agility</i> <i>Set 5</i> <i>Sprint Work Out #23</i>	16
17	18 <i>Agility</i> <i>Set 1 & 2</i> <i>Sprint Work Out #24</i>	19	20	21	22	23
24	25	26	27	28	29	30
31						