

# May/June 2019 SPEED Calendar

| SUNDAY                                              | MONDAY                                                | TUESDAY                    | WEDNESDAY | THURSDAY                                        | FRIDAY                           | SATURDAY                       |
|-----------------------------------------------------|-------------------------------------------------------|----------------------------|-----------|-------------------------------------------------|----------------------------------|--------------------------------|
|                                                     |                                                       |                            |           |                                                 | 31<br>Gym + SuperSpeed + Stretch | 1<br>AM- Gym Workout + Stretch |
| 2<br>-<br>AM- Long Run?<br>PM- Stretch + SuperSpeed | 3<br>AM- Interval Run + Agility Work<br>PM- Mobility  | 4<br>SuperSpeed + Stretch  | 5<br>Gym  | 6<br>AM-Interval Run<br>PM- Boxing + Mobility   | 7<br>Gym + SuperSpeed            | 8<br>Mobility                  |
| 9<br>AM- Long Run ? + Stretch                       | 10<br>AM- Interval Run + Agility Work<br>PM- Mobility | 11<br>SuperSpeed + Stretch | 12<br>Gym | 13<br>Am- Interval Run<br>PM- Boxing + Mobility | 14<br>Gym + SuperSpeed           | 15                             |

## NOTES:

I only like to plan 2 weeks out, because you never know what's going to come up. I am constantly adjusting workout plans, it may be taking too much time, or something comes up that prevents you from getting a certain workout in, or I realize I'm not on the right track.

This seems like it will work well with my schedule and gives me the recovery time I will need from certain aspects.

Gym- Stability, Strength, Power, and Speed Work

Interval Run- This could be sprints, backward runs, hill runs. I like this for cardio as well

Stretch- This is mainly static stretching (holding for up to 1 min)

SuperSpeed- This is 3 swings with each weight both ways

Mobility- is both static stretch and dynamic stretching

Agility Work- is getting the body working faster with coordination drills

Boxing- Is either heavy bag work by myself or taking a class. I also like to add in kickboxing