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WHO: GBHS LAX & U Functional Training

WHAT: PRESEASON SPEED & STRENGTH PROGRAM -

PROGRAM WILL BE SPORT SPECIFIC WITH HIGH EMPHASIS ON SPEED DEVELOPMENT. STRENGTH TRAINING WILL BE GEARED TOWARDS STRONG HEALTHY SHOULDERS, GRIP STRENGTH, ROTATIONAL CORE STRENGTH, TOTAL BODY CARDIOVASCULAR CONDITIONING

WHERE: GBHS

WHEN : All workouts sessions will be from 7:15pm-8:45pm. It will be broken up into two groups. Group A will train from 7:15-8 while Group B will train from 8-8:45.

Day 1 12/4 (initial speed and power testing)

Day 2 12/7 (first workout)

Day 3 12/11

Day 4 12/13

Day 5 12/18

Day 6 12/20

Day 7 12/27

Day 8 1/1 :)

Day 9 1/3

Day 10 1/9

Day 11 1/10

Day 12 1/15

Day 13 1/17

Day 14 1/22

Day 15 1/24 (re-test)

COST: \$10 PER SESSION OR \$120 ONE TIME FEE

email Billy White at bfuncy@me.com to enroll.

