

MHS FOOTBALL WORKOUT SCHEDULE

WEEK 1 JUNE 1ST - JUNE 4TH	7:30 am	J/JV Weights - Freshman Skills
	8:30 am	J/JV Stations - Freshman weights
	9:30 am	J/JV Skills - Freshman Stations

WEEK 2 JUNE 8TH - JUNE 11TH	7:30 am	J/JV Weights - Freshman Skills
	8:30 am	J/JV Stations - Freshman weights
	9:30 am	J/JV Skills - Freshman Stations

WEEK 3 JUNE 15TH - JUNE 18TH	7:30 am	J/JV Weights - Freshman Skills
	8:30 am	J/JV Stations - Freshman weights
	9:30 am	J/JV Skills - Freshman Stations
	10:00 am	Built Different Football Camp

WEEK 4 JUNE 22ND - JUNE 25TH	7:30 am	J/JV Weights - Freshman Skills
	8:30 am	J/JV Stations - Freshman weights
	9:30 am	J/JV Skills - Freshman Stations

WEEK 5 JULY 6TH - JULY 9TH	7:30 am	J/JV Weights - Freshman Skills
	8:30 am	J/JV Stations - Freshman weights
	9:30 am	J/JV Skills - Freshman Stations
	7:30 am	Middle School Stregth & Conditioning

WEEK 6 JULY 13TH - JULY 16TH	7:30 am	J/JV Weights - Freshman Skills
	8:30 am	J/JV Stations - Freshman weights
	9:30 am	J/JV Skills - Freshman Stations
	7:30 am	Middle School Stregth & Conditioning

WEEK 7 JULY 20TH - JULY 23RD	7:30 am	J/JV Weights - Freshman Skills
	8:30 am	J/JV Stations - Freshman weights
	9:30 am	J/JV Skills - Freshman Stations
	7:30 am	Middle School Stregth & Conditioning

Off Weeks:
June 29th - July 2nd
July 27th - July 30th