

2021 Spring & Summer Senior Road Map

*The approach to what you do results in what you achieve.*

	12-Apr	19-Apr	26-Apr	3-May	10-May	17-May	24-May	31-May	7-Jun	14-Jun	21-Jun	28-Jun	5-Jul	12-Jul	19-Jul	26-Jul
Monday																
Tuesday																
Wednesday																
Thursday													Speedo			13&O
Friday								Pirate Plunge			Sizzler & WGLO		Speedo	Regionals		13&O
Saturday			Early Bird			NBSC		Pirate Plunge		Con	Sizzler & WGLO		Speedo and Con	Regionals		13&O
Sunday			Early Bird		Con	NBSC		Pirate Plunge			WGLO		Speedo	Regionals		13&O
Mon Drill	fr	ba	br	bf		bf	fr	br		bf	fr	br	ms	ms	ms	ms
Tue Drill	fr	ba	br	bf		ba	bf	fr	br	ba	bf	fr	ms	ms	ms	ms
Wed Drill	fr	ba	br	bf		br	ba	bf	fr	br	ba	bf	ms	ms	ms	ms
Thur Drill	fr	ba	br	bf		fr	br	ba	bf	fr	br	ba	ms	ms	ms	
Fri Drill	fr	ba	br	bf												
Video Tape					x											
Dryland	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf		
LTS as 8x25 fr & 8x25 st on Thursdays						8	8	8	8	8	8	8	6	4	2	
T30 (during the week)							x									
10x100 fr on 1:30 or 2:00 holding best average						Tuesday = 10			Tuesday = 8			Tuesday = 6			Tuesday = 4	
9x200 or 150 st kick on 3:00 all out							Tuesday = 9			Tuesday = 7			Tuesday = 5			
Navy Warrior Challenge on Saturday												x				