

2020 PRFH Summer Conditioning Tracking Sheet
Record date of each workout in box by conditioning item
Due first day of tryouts

Week of June 8th			
Agility/Footwork (2x week)			
Speed (2x week)			
Timed Distance Run (2x week)			
Intervals (1x week)			
Legs (2x week)			
Arms (2x week)			
Core (3x week)			

Week of June 29th			
Agility/Footwork (2x week)			
Speed (2x week)			
Timed Distance Run (2x week)			
Intervals (1x week)			
Legs (2x week)			
Arms (2x week)			
Core (3x week)			

Week of June 15th			
Agility/Footwork (2x week)			
Speed (2x week)			
Timed Distance Run (2x week)			
Intervals (1x week)			
Legs (2x week)			
Arms (2x week)			
Core (3x week)			

Week of July 6th			
Agility/Footwork (2x week)			
Speed (2x week)			
Timed Distance Run (2x week)			
Intervals (1x week)			
Legs (2x week)			
Arms (2x week)			
Core (3x week)			

Week of June 22nd			
Agility/Footwork (2x week)			
Speed (2x week)			
Timed Distance Run (2x week)			
Intervals (1x week)			
Legs (2x week)			
Arms (2x week)			
Core (3x week)			

Week of June 13th			
Agility/Footwork (2x week)			
Speed (2x week)			
Timed Distance Run (2x week)			
Intervals (1x week)			
Legs (2x week)			
Arms (2x week)			
Core (3x week)			

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Week of July 20th			
Agility/Footwork (2x week)			
Speed (2x week)			
Timed Distance Run (2x week)			
Intervals (1x week)			
Legs (2x week)			
Arms (2x week)			
Core (3x week)			

Week of August 3rd			
Agility/Footwork (2x week)			
Speed (2x week)			
Timed Distance Run (2x week)			
Intervals (1x week)			
Legs (2x week)			
Arms (2x week)			
Core (3x week)			

Week of July 27th			
Agility/Footwork (2x week)			
Speed (2x week)			
Timed Distance Run (2x week)			
Intervals (1x week)			
Legs (2x week)			
Arms (2x week)			
Core (3x week)			

Week of August 10th			
Agility/Footwork (2x week)			
Speed (2x week)			
Timed Distance Run (2x week)			
Intervals (1x week)			
Legs (2x week)			
Arms (2x week)			
Core (3x week)			