

2017-2018 Fall & Winter Senior Road Map

The approach to what you do results in what you get.

	18-Sep	25-Sep	2-Oct	9-Oct	16-Oct	23-Oct	30-Oct	6-Nov	13-Nov	20-Nov	27-Nov	4-Dec	11-Dec	18-Dec	25-Dec	1-Jan	8-Jan	15-Jan	22-Jan	29-Jan	5-Feb	12-Feb	19-Feb	26-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	
Monday				STT																										
Tuesday														MDTT														EOSTT		Y-Nats
Wednesday																														Y-Nats
Thursday																														Y-Nats
Friday				OZ				PX3				SSTY				DTT			INDY	SSTY	Dual	Reg	12&U	13&O	Y-Sect	Y-State			Y-Nats	
Saturday				OZ				PX3	STAT		SWAT	SSTY	Tri-dual			EBSC	SEA		INDY	SSTY	LAKE	Reg	12&U	13&O	Y-Sect	Y-State			Y-Nats	
Sunday				OZ	J-HAWK		SEA	SSTY	STAT		SWAT	SSTY					SEA		INDY	SSTY	LAKE	Reg	12&U	13&O	Y-Sect	Y-State				
Mon Drill	fr	ba	br		fr	ws	ms	bf	ba	br	fr	ws	ms	bf			fr	ws	ms	bf	ba	ms	ms	ms	ms	ms	ms	ms	ms	ms
Tue Drill	fr	ba	br	bf	br	fr	ws	ms	bf	ba	br	fr	ws	ms	bf	br	br	fr	ws	ms	bf	ms	ms	ms	ms	ms	ms	ms	ms	ms
Wed Drill	fr	ba	br	bf	ba	br	fr	ws	ms	bf	ba	br	fr		ba	ba	ba	br	fr	ws	ms	ms	ms	ms	ms	ms	ms	ms	ms	ms
Thur Drill	fr	ba	br	bf	bf	ba	br	fr	ws		bf	ba	br		bf	bf	bf		br	fr	ws	ms	ms	ms	ms	ms	ms	ms	ms	ms
Fri Drill	fr	ba	br	bf	ms	bf	ba	br	fr		ms	bf	ba	br	fr		ms	bf	ba	br	fr		ms	ms				ms	ms	
Sat Drill	fr	ba	br	bf	ws	ms	bf	ba	br	fr	ws	ms	bf	ba	br	ms	ws	ms	bf	ba	br		ms	ms				ms	ms	
Yoga				mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	m	m	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	w	mw	mw		
Weights																														
LTS	2x75	4x75	6x75	8x75	10x75		2x75	4x75	6x75	8x75	10x75	2x75	4x75	6x75	8x75	10x75														
T30						x											x													
Desc Fr																		4x500	8x200	10x100	12x50									
Desc St																						8x200	10x100	12x50	20x25					
Mon Volume	4k	5k	6k	6k	6k	6k	6k	7k	5k	6k	6k	6k	5k	6k	6k	7k	6k	7k	7k	6k	7k	5k	7k	6k	6k	5k	6k	4k	4k	
Tue Volume	4k	5k	6k	4k	7k	8k	7k	8k	5k	8k	5k	7k	8k	6k	6k	8k	7k	8k	8k	7k	8k	6k	8k	6k	6k	6k	6k			
Wed Volume	4k	5k	6k	6k	6k	6k	6k	6k	5k	6k	6k	6k	6k		7k	6k	7k	7k	6k	7k	5k	7k	5k	6k	5k	6k	6k			
Thur Volume	4k	5k	5k	2k	4k		5k	4k	4k		6k	5k	2k			4k	4k	8k	4k	6k	8k	7k	8k	6k	6k	4k	6k			
Fri Volume	4k	4k	4k	5k	5k	5k	5k	5k	2k		6k	4k	5k	6k	6k	7k	5k	3k	4k	3k	8k	5k	8k	5k	5k	4k	6k			
Sat Volume	4k	4k	4k	4k	4k	4k	4k	4k	4k	4k	4k	4k	4k	4k	4k		4k	4k	4k	4k	5k	4k	6k	4k			5k			
Total Volume	24k	28k	31k	27k	32k	29k	33k	34k	25k	24k	33k	32k	30k	22k	22k	33k	32k	37k	34k	32k	43k	32k	44k	32k	29k	24k	35k	4k	4k	
Buckets	1d	1d	1d	1d	2d	2d	2d	2d	3d	3d	3d	3d	2d	2d	2d	3d	3d	2d	2d	2d	2d	2d	2d	2d	2d	2d	2d	1d		

T30 Team Top Three
 Men - Adam Lewno 2750, Josh Griffey 2700, Andy Gelden 2575
 Women - Paige Weslaski 2550, Jenny Gelden 2500, Michelle Goettge 2500