

AVON ORIOLES

DAILY STRUCTURE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASS	SAQ	LINEAR SPEED	COD (CONES)	PLYOMETRICS	AGILITY/CORE	CIRCUIT DAY
	LIFT # 1	PUSH/PULL	PUSH/PULL	PUSH/PULL	PUSH/PULL/PLATE CIRCUIT	PUSH/PULL/PLATE CIRCUIT
		KB 200		MB 200	KB 200	
AFTER-SCHOOL	LIFT # 2	PUSH/PULL	PUSH/PULL		PUSH/PULL	
	SAQ	CORE/HURDLES/FLEX BANDS	CORE/HURDLES/FLEX BANDS		CORE/HURDLES/FLEX BANDS	
BEFORE-SCHOOL						M.O.C. COMPETITION

APC CLASS STRUCTURE		AFTER-SCHOOL STRUCTURE		6 AM "MORNING OF CHAMPIONS"	
TIME	SECTION	TIME	SECTION	TIME	SECTION
5 minutes	Dress	5 minutes	WARM-UP (QUICK FEET/SQUATS/PUSHUPS)	5 minutes	DYNAMIC WARM-UP
15 minutes	SAQ	50 minutes	STATIONS (5-10 MINUTE STATIONS)	10 minutes	COD - LINE DRILLS
40 minutes	LIFT		Core Lift 1 - Core Lift 2 - Auxiliary Lift - Mobility Hurdles - KB/MB 200 - FLEX BANDS	45 minutes (GIRLS SOCCER)	M.O.C. COMPETITION
10 minutes	Pick-up/Dress			45 minutes (FOOTBALL/BASKETBALL)	
	Locker room	5 minutes	PICK-UP/DRESS	15 minutes	PICK-UP/DRESS
TOTAL MINUTES: 90 minutes		TOTAL MINUTES: 90 minutes		TOTAL MINUTES: 60 minutes	

FRIDAY "MORNING OF CHAMPIONS" COMPETITION

STATION # 1 - MOVE THE MOUNTAIN	* 3 - 12 Minute Stations (Girls Soccer - 6:00-6:45am/Boys FB+BB - 6:45-7:30am)
STATION # 2 - CONE DRILLS (TENNIS BALL DRILL, L-DRILL, T-DRILL, PRO-AGILITY, ETC.)	
STATION # 3 - MEDICINE BALL RELAY (SPRINT-BOX JUMP-REST-SLAM BALLS)	

WEEKLY BREAKDOWN:	APC ONLY		APC + AFTER-SCHOOL (additional (3) days per week)	
# OF DAYS PER WEEK	MINUTES	HOURS	MINUTES	HOURS
APC 3-DAY WEEK	270	4.5	180	3
APC 4-DAY WEEK	360	6		
# OF REPS PERFORMED (APC- CORE/AUX LIFTS)	WEEKLY RANGE	9-WEEK TOTAL	TOTAL MINUTES/HOURS:	3-Day Week = 450 min./7.5 hrs.
APC 3-DAY	250-350	2176		4-Day Week = 540 min./9 hrs.
APC 4-DAY	350-450			
# OF REPS PERFORMED (APC + AFTER-SCHOOL CORE/AUX LIFTS):	WEEKLY RANGE	9-WEEK TOTAL	* APC CLASS = 90-minute periods/AFTER-SCHOOL LIFT = 60-minute periods	
APC 3-DAY	500-700	3744		
APC 4-DAY	600-800			