	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm/Cool	×	×		×	×		
down							
Resistance	×	×		×			
Training							
Aerobic					×	×	
Training					^	^	
Anaerobic		×	×				
Training							
SAQ	×			×	×		
Training							
Plyometrics	×		×				
Flexibility		×		×		×	