

2021 Sundown ISD Summer Strength and Speed Development Schedule

	Dates	Days
Week 1	31-May	Monday
	1-Jun	Tuesday
	2-Jun	Wednesday
	3-Jun	Thursday

	Dates	Days
Week 6	5-Jul	Monday
	6-Jul	Tuesday
	7-Jul	Wednesday
	8-Jul	Thursday

	Dates	Days
Week 2	7-Jun	Monday
	8-Jun	Tuesday
	9-Jun	Wednesday
	10-Jun	Thursday

	Dates	Days
Week 7	12-Jul	Monday
	13-Jul	Tuesday
	14-Jul	Wednesday
	15-Jul	Thursday

	Dates	Days
Week 3	14-Jun	Monday
	15-Jun	Tuesday
	16-Jun	Wednesday
	17-Jun	Thursday

	Dates	Days
Week 8	NO WORKOUT THIS WEEK	

	Dates	Days
Week 4	21-Jun	Monday
	22-Jun	Tuesday
	23-Jun	Wednesday
	24-Jun	Thursday

	Dates	Days
Week 9	26-Jul	Monday
	27-Jul	Tuesday
	28-Jul	Wednesday
	29-Jul	Thursday

	Dates	Days
Week 5	28-Jun	Monday
	29-Jun	Tuesday
	30-Jun	Wednesday
	1-Jul	Thursday