

**Coach Thomas**  
**Weight Training Lesson Plans**  
**Periods 1 - 2**

<p style="text-align: center;"><u>Mon 11</u></p> <p>1<sup>st</sup> 8:20-9:20 2<sup>nd</sup> 9:25-10:13</p>	<p><u>Objective:</u> perform a quality workout- cardio, lifting, flexibility  <u>Warm-Up:</u> pushups, core work, cardio  <u>Lifting Schedule:</u> core lifts: "D" 3 x 3+ auxiliary lifts: 3 x 10+  <u>Assessment:</u> participation, completion of lifts, log book filled out correctly</p>
<p style="text-align: center;"><u>Tues 12</u></p> <p>1<sup>st</sup> 8:20-9:20 2<sup>nd</sup> 9:25-10:13</p>	<p><u>Objective:</u> perform a quality workout- cardio, lifting, flexibility  <u>Warm-Up:</u> pushups, core work, cardio  <u>Lifting Schedule:</u> core lifts: "A" 5 x 5+ auxiliary lifts: 15-10-5+  <u>Assessment:</u> participation, completion of lifts, log book filled out correctly</p>
<p style="text-align: center;"><u>Wed 13</u></p> <p>1<sup>st</sup> 8:20-9:20 2<sup>nd</sup> 9:25-10:13</p>	<p><u>Objective:</u> perform a quality workout- cardio, lifting, flexibility  <u>Warm-Up:</u> pushups, core work, cardio  <u>Lifting Schedule:</u> core lifts: "B" 5 x 5+ auxiliary lifts: 15-10-5+  <u>Assessment:</u> participation, completion of lifts, log book filled out correctly</p>
<p style="text-align: center;"><u>Thurs 14</u></p> <p>1<sup>st</sup> 8:20-9:20 2<sup>nd</sup> 9:25-10:13</p>	<p><u>Objective:</u> perform a quality workout- cardio, lifting, flexibility  <u>Warm-Up:</u> pushups, core work, cardio  <u>Lifting Schedule:</u> core lifts: "C" 5 x 5+ auxiliary lifts: 15-10-5+  <u>Assessment:</u> participation, completion of lifts, log book filled out correctly</p>
<p style="text-align: center;"><u>Fri 15</u></p> <p>1<sup>st</sup> 8:20-9:00 2<sup>nd</sup> 9:05-9:45</p>	<p style="text-align: center;">No School - Have A Nice Weekend</p>