

June

2018

Summer Conditioning Schedule

Gueydan Athletics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 1st Summer Workout 8:30	12	13 Workout #2 8:30	14 Workout #3 8:30	15	16
17	18 Workout #4 8:30	19	20 Workout #5 8:30	21 Workout #6 8:30	22	23
24	25 Workout #7 8:30	26	27 Workout #8 8:30	28 Workout #9 8:30	29	30

July

2018

Summer Conditioning Schedule

Gueydan Athletics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Workout #10 8:30	3 Workout #11 8:30	4	5	6	7
8	9 Workout #12 8:30	10	11 Workout #13 8:30	12 Workout #14 8:30	13	14
15	16 Workout #15 8:30	17	18 Workout #16 8:30	19 Workout #17 8:30	20	21
22	23 Workout #18 8:30	24 Workout #18 8:30 IRONMAN WEEK	25 Workout #20 8:30	26 Workout #21 8:30	27	28
29	30 Workout #22 8:30	31				

August

2018

Summer Conditioning Schedule

Gueydan Athletics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Workout #23 8:30	2 Workout #24 8:30	3	4
5	6	7	8	9 School Starts (Students)	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

