

# TROJAN FOOTBALL



SUMMER 2007

TRAINING GUIDE

WHAT ARE YOU GOING TO DO TODAY  
TO HELP US WIN THE CIAA?

**May 2007**

VIRGINIA STATE UNIVERSITY

SUMMER WORK OUT PAROGRAM 2007

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
		1	2	3	4	5 FINALS END
6 WEEK 1	7 LIFT AND RUN	8 LIFT AND RUN	9 REST DAY	10 LIFT AND RUN	11 LIFT	12 REST DAY
13 WEEK 2 GRADUATION	14 LIFT AND RUN	15 LIFT AND RUN	16 REST DAY	17 LIFT AND RUN	18 LIFT	19 REST DAY
20 WEEK 3 REST DAY	21 LIFT AND RUN	22 LIFT AND RUN	23 REST DAY	24 LIFT AND RUN	25 LIFT	26 REST DAY
27 WEEK 4 REST DAY	28 LIFT AND RUN	29 LIFT AND RUN	30 REST DAY	31 LIFT AND RUN		

**June 2007**

VIRGINIA STATE UNIVERSITY

SUMMER WORK OUT PAROGRAM 2007

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
					1	2
3 WEEK 5 REST DAY	4 LIFT AND RUN	5 LIFT AND RUN	6 REST DAY	7 LIFT AND RUN	8 LIFT	9 REST DAY
10 WEEK 6 REST DAY	11 LIFT AND RUN	12 LIFT AND RUN	13 REST DAY	14 LIFT AND RUN	15 LIFT	16 REST DAY
17 WEEK 7 REST DAY	18 LIFT AND RUN	19 LIFT AND RUN	20 REST DAY	21 LIFT AND RUN	22 LIFT AND RUN	23 REST DAY
24 WEEK 8 REST DAY	25 LIFT AND RUN	26 LIFT AND RUN	27 REST DAY	28 LIFT AND RUN	29 LIFT AND RUN	30 REST DAY

**July 2007**

VIRGINIA STATE UNIVERSITY

SUMMER WORK OUT PAROGRAM

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
1 WEEK 9 REST DAY	2 LIFT AND RUN	3 LIFT AND RUN	4 REST DAY	5 LIFT AND RUN	6 LIFT AND RUN	7 REST DAY
8 WEEK 10 REST DAY	9 LIFT AND RUN	10 LIFT AND RUN	11 REST DAY	12 LIFT AND RUN	13 LIFT AND RUN	14 REST DAY
15 WEEK 11 REST DAY	16 LIFT AND RUN	17 LIFT AND RUN	18 REST DAY	19 LIFT AND RUN	20 LIFT AND RUN	21 REST DAY
22 WEEK 12 REST DAY	23 LIFT AND RUN	24 LIFT AND RUN	25 REST DAY	26 LIFT	27 LIFT	28 REST DAY
29 WEEK OF	30 FOOTBALL	31 CAMP STARTS				