

CARLETON WOMEN'S FASTPITCH

Off-season workout program (January-May)



January						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Routine A		Routine B	LSD	Routine A	
22	23	24	25	26	27	28
LSD	Routine B		Routine A	LSD	Routine B	
29	30	31				
LSD	Routine A					

February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Routine B	LSD	Routine A	
5	6	7	8	9	10	11
LSD	Routine B		Routine C	Interval	Routine D	
12	13	14	15	16	17	18
LSD	Routine C		Routine D	Interval	Routine C	
19	20	21	22	23	24	25
LSD	Routine D		Routine C	Interval	Routine D	
26	27	28				
LSD	Routine C					

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March						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Routine D	Interval	Routine C	
5	6	7	8	9	10	11
LSD	Routine D			REPs	Routine E	
12	13	14	15	16	17	18
LSD	Routine F	EZ	Routine G	Interval	Routine H	
19	20	21	22	23	24	25
LSD	Routine E	EZ	Routine F	REPs	Routine G	
26	27	28	29	30	31	
LSD	Routine H	EZ		Interval		

April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
LSD	Routine E	EZ	Routine F	REPs	Routine G	
9	10	11	12	13	14	15
LSD	Routine H	EZ	Routine E	interval	Routine F	
16	17	18	19	20	21	22
LSD	Routine G	EZ	Routine H	REPs		
23	24	25	26	27	28	29
LSD	Routine I		Routine J	interval	Routine I	
30						
LSD						

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May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Routine J		Routine I	REPs	Routine J	
7	8	9	10	11	12	13
LSD	Routine I		Routine J	Interval	Routine I	
14	15	16	17	18	19	20
LSD	Routine J		Routine I	REPs	Routine J	
21	22	23	24	25	26	27
LSD		Interval		REPs		EZ
28	29	30	31			