








June 2008 Swede Strength

sunday	monday	tuesday	wednesday	thursday	friday	saturday
week 23/day 153 	1 day 154 Weight Room WK 1 & 2 Day 1 Speed Work 12 Minute Run	2 day 155 Weight Room WK 1 & 2 Day 2 Speed Work Rest	3 day 156 Weight Room Rest Speed Work Position Specific	4 day 157 Weight Room WK 1 & 2 Day 3 Speed Work Rest	5 day 158 Weight Room WK 1 & 2 Day 4 Speed Work Agility And Flexibility	day 159 
week 24/day 160 	8 day 161 Weight Room WK 1 & 2 Day 1 Speed Work 12 Minute Run	9 day 162 Weight Room WK 1 & 2 Day 2 Speed Work Rest	10 day 163 Weight Room Rest Speed Work Position Specific	11 day 164 Weight Room WK 1 & 2 Day 3 Speed Work Rest	12 day 165 Weight Room WK 1 & 2 Day 4 Speed Work Agility And Flexibility	day 166 
week 25/day 167 	15 day 168 Weight Room WK 3 & 4 Day 1 Speed Work 12 Minute Run	16 day 169 Weight Room WK 3 & 4 Day 2 Speed Work Rest	17 day 170 Weight Room Rest Speed Work Position Specific	18 day 171 Weight Room WK 3 & 4 Day 3 Speed Work Rest	19 day 172 Weight Room WK 3 & 4 Day 4 Speed Work Agility And Flexibility	day 173 
week 26/day 174 	22 day 175 Weight Room WK 3 & 4 Day 1 Speed Work Speed Training	23 day 176 Weight Room WK 3 & 4 Day 2 Speed Work Rest	24 day 177 Weight Room Rest Speed Work Position Specific	25 day 178 Weight Room WK 3 & 4 Day 3 Speed Work Rest	26 day 179 Weight Room WK 3 & 4 Day 4 Speed Work Agility And Flexibility	day 180 
week 27/day 181 	29 day 182 Weight Room WK 5 & 6 Day 1 Speed Work Speed Training	30				

Swede Scramble




Who are you working for?

July 2008 Swede Strength

sunday	monday	tuesday	wednesday	thursday	friday	saturday	
		day 183 Weight Room WK 5 & 6 Day 2 Speed Work Rest	1 day 184 Weight Room WK 5 & 6 Day 3 Speed Work Position Specific	2 day 185 Weight Room WK 5 & 6 Day 4 Speed Work Rest	3 day 186 Weight Room REST Speed Work REST	4 day 187 	5
week 28/day 188	6  day 189 Weight Room WK 5 & 6 Day 1 Speed Work Interval Training	7 day 190 Weight Room WK 5 & 6 Day 2 Speed Work Rest	8 day 191 Weight Room Rest Speed Work Position Specific	9 day 192 Weight Room WK 5 & 6 Day 3 Speed Work Rest	10 day 193 Weight Room WK 5 & 6 Day 4 Speed Work Speed & Agility	11 day 194 	12
week 29/day 195	13  day 196 Weight Room WK 7 & 8 Day 1 Speed Work Speed & Agility	14 day 197 Weight Room WK 7 & 8 Day 2 Speed Work Position Specific	15 day 198 Weight Room Rest Speed Work Rest	16 day 199 Weight Room WK 7 & 8 Day 3 Speed Work Interval Training	17 day 200 Weight Room WK 7 & 8 Day 4 Speed Work Shuttle Training	18 day 201 	19
week 30/day 202	20  day 203 Weight Room WK 7 & 8 Day 1 Speed Work Shuttle Training	21 day 204 Weight Room WK 7 & 8 Day 2 Speed Work Position Specific	22 day 205 Weight Room Rest Speed Work Rest	23 day 206 Weight Room WK 7 & 8 Day 3 Speed Work Interval Training	24 day 207 Weight Room WK 7 & 8 Day 4 Speed Work Speed Agility Flex	25 day 208 	26
week 31/day 209	27  day 210 Weight Room Wk 9 & 10 Day 1 Speed Work Shuttle Training	28 day 211 Weight Room Wk 9 & 10 Day 2 Speed Work Speed Agility Flex	29 day 212 Weight Room Rest Speed Work Rest	30 day 213 Weight Room Wk 9 & 10 Day 3 Speed Work Interval Training	31		

notes:

August 2008

	sunday	monday	tuesday	wednesday	thursday	friday	saturday						
						day 214 Weight Room Wk 9 & 10 Day 4 Speed Work Shuttle Training	day 215						
		1					2						
week 32/day 216	3	day 217 Weight Room Wk 9 & 10 Day 1 Speed Work Shuttle Training	4	day 218 Weight Room Wk 9 & 10 Day 2 Speed Work Speed Agility Flex	5	day 219 Weight Room Rest Speed Work Rest	6	day 220 Weight Room Wk 9 & 10 Day 3 Speed Work Interval Training	7	day 221 Weight Room Wk 9 & 10 Day 4 Speed Work Shuttle Training	8	day 222	9
													
week 33/day 223	10	day 224 Weight Room Wk 11 & 12 Day 1 Speed Work Shuttle Training	11	day 225 Weight Room Wk 11 & 12 Day 2 Speed Work Speed Agility Flex	12	day 226 Weight Room Rest Speed Work Rest	13	day 227 Weight Room Wk 11 & 12 Day 3 Speed Work Interval Training	14	day 228 Weight Room Wk 11 & 12 Day 4 Speed Work Shuttle Training	15	day 229	16
													
week 34/day 230	17	day 231 Weight Room Wk 11 & 12 Day 1 Speed Work Shuttle Training	18	day 232 Weight Room Wk 11 & 12 Day 2 Speed Work 12 Minute Run	19	day 233 Weight Room Rest Speed Work Rest	20	day 234 Time To Report Relax	21	day 235 Relax	22	day 236	23
													
week 35/day 237	24	day 238	25	day 239	26	day 240	27	day 241	28	day 242	29	day 243	30
week 36/day 244	31	notes:											