

Callahan Weekly Training Matrix

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm-up	*	*	Only Mini Band, SLS Balance, & Lunge & Reach	*	*	Only Mini Band, SLS Balance, & Lunge & Reach	
Sprint Drills	2 x Each @ 20 Meters			2 x Each @ 20 Meters		2 x Each @ 20 Meters	
Hurdle Overs	2 X Each Drill @ 10 Hurdles			2 X Each Drill @ 10 Hurdles			
Strength Training	Upper Body	Total Body/ Legs		Upper Body	Total Body/ Legs		
Hurdle Unders		2 X Each Drill @ 10 Hurdles			2 X Each Drill @ 10 Hurdles		
Postural Strength	Wall Throws After Strength Training + Two Core Modules	Two Core Modules	Three - Four Core Modules	Wall Throws After Strength Training + Two Core Modules	Two Core Modules	Three - Four Core Modules	
Remedials & Flexibility	Hip Drops & Hip Series Daily (Alternate Standing & Kneeling) Static Stretching in Evening Post Workout						