





# WASHINGTON RAMS FOOTBALL CALENDAR



## June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26-May</b>	<b>27-May</b>	<b>28-May</b>	<b>29-May</b>	<b>30-May</b>	<b>31-May</b>	<b>1</b>
<b>On your own</b> Stretch Run 3/4 mile	 <b>Rest &amp; Relax</b>	<b>Speed Training</b> 6:25-7:25 AM <b>Weightroom</b> 7:35-8:45 AM <b>PLG Game @ Glendale</b> 5:00-7:30 PM	<b>Agility Training</b> 6:25-7:25 AM <b>Weightroom</b> 7:35-8:45 AM <b>PLG Game @ WHS</b> 5:00-7:30 PM	 <b>GLADIATOR</b> <b>6:25-8:45AM</b> <b>A HERO WILL RISE</b>	<b>On your own</b> 50 Push-ups 50 Sit-ups Stretch 20-10 yd. Sprints 10-20 yd. Sprints	<b>On your own</b> 50 Squats 50 Jump Squats 50 Lunges Stretch 10-100 yd. Sprints
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>On your own</b> Stretch Run 1 mile	<b>Monday Night Football</b> 5:25-6:55 PM <b>Weightroom</b> 7:05-8:15 PM	<b>Speed Training</b> 6:25-7:25 AM <b>Weightroom</b> 7:35-8:45 AM	<b>Agility Training</b> 6:25-7:25 AM <b>Weightroom</b> 7:35-8:45 AM	 <b>GLADIATOR</b> <b>6:25-8:45AM</b> <b>A HERO WILL RISE</b>	<b>On your own</b> 50 Push-ups 50 Sit-ups Stretch 20-10 yd. Sprints 10-20 yd. Sprints	<b>On your own</b> 50 Squats 50 Jump Squats 50 Lunges Stretch 10-100 yd. Sprints
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>On your own</b> Stretch Run 1 mile	<b>Monday Night Football</b> 5:25-6:55 PM <b>Weightroom</b> 7:05-8:15 PM	<b>Speed Training</b> 6:25-7:25 AM <b>Weightroom</b> 7:35-8:45 AM	<b>Agility Training</b> 6:25-7:25 AM <b>Weightroom</b> 7:35-8:45 AM <b>PLG Game @ Glendale</b> 5:00-7:30 PM	 <b>GLADIATOR</b> <b>6:25-8:45AM</b> <b>A HERO WILL RISE</b>	<b>On your own</b> 50 Push-ups 50 Sit-ups Stretch 20-10 yd. Sprints 10-20 yd. Sprints	<b>On your own</b> 50 Squats 50 Jump Squats 50 Lunges Stretch 10-100 yd. Sprints
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Fathers Day</b>	<b>Monday Night Football</b> 5:25-6:55 PM <b>Weightroom</b> 7:05-8:15 PM	<b>Speed Training</b> 6:25-7:25 AM <b>Weightroom</b> 7:35-8:45 AM	<b>Agility Training</b> 6:25-7:25 AM <b>Weightroom</b> 7:35-8:45 AM	<b>6:25-8:45AM</b> <b>GLADIATOR</b> <b>Bourgade PLG Tournament</b> <b>4:00-9:00 PM</b>	<b>On your own</b> 50 Push-ups 50 Sit-ups Stretch 20-10 yd. Sprints 10-20 yd. Sprints	<b>On your own</b> 50 Squats 50 Jump Squats 50 Lunges Stretch 10-100 yd. Sprints
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>On your own</b> Stretch Run 1 mile	<b>Monday Night Football</b> 5:25-6:55 PM <b>Weightroom</b> 7:05-8:15 PM	<b>Speed Training</b> 6:25-7:25 AM <b>Weightroom</b> 7:35-8:45 AM	<b>Agility Training</b> 6:25-7:25 AM <b>Weightroom</b> 7:35-8:45 AM <b>PLG &amp; Big Man Game @ Apollo:</b> 5:00-7:30 PM	 <b>GLADIATOR</b> <b>6:25-8:45AM</b> <b>A HERO WILL RISE</b>	<b>On your own</b> 50 Push-ups 50 Sit-ups Stretch 20-10 yd. Sprints 10-20 yd. Sprints	<b>On your own</b> 50 Squats 50 Jump Squats 50 Lunges Stretch 10-100 yd. Sprints