



# WASHINGTON RAMS FOOTBALL CALENDAR



## June 2020

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

