



WASHINGTON RAMS FOOTBALL CALENDAR



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
On your own Stretch Jog 2 Laps or 1/2 Mile	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	On your own 35 Push-ups 35 Sit-ups Stretch Run 7 100 yd Sprints	On your own 35 Squats 35 Jump Squats 35 Lunges
8	9	10	11	12	13	14
On your own Stretch Jog 2 Laps or 1/2 Mile	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Community Service Project 3:00-6:00 PM 	On your own 35 Squats 35 Jump Squats 35 Lunges
15	16	17	18	19	20	21



Spring Break

Stretch out & Jog 1/2 mile everyday
then relax and enjoy the week!



22	23	24	25	26	27	28
On your own Stretch Jog 2 Laps or 1/2 Mile	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	Jog 2 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	On your own 35 Push-ups 35 Sit-ups Stretch Run 7 100 yd Sprints	On your own 35 Squats 35 Jump Squats 35 Lunges
29	30	31	1-Apr	2-Apr	3-Apr	4-Apr
On your own Stretch Jog 2 Laps or 1/2 Mile	Mandatory Players Meeting 3:30 PM @ Weightroom Lift & Run 	 TESTING DAY 1/2 Day School No Lifting	 TESTING DAY 1/2 Day School No Lifting	Jog 3 Lap Weightroom 3:30-4:20 PM Speed & Agility 4:25-5:00 PM 	On your own 35 Push-ups 35 Sit-ups Stretch Run 7 100 yd Sprints	On your own 35 Squats 35 Jump Squats 35 Lunges