Name:								
Date	<b>October</b> Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 1	Body Weight
Cardio Speed/Agility Upper Body Lower Body Throwing Hitting								
Date	2	3	4	5	6	7	8	
Cardio Speed/Agility								
Upper Body								
Lower Body Throwing								
Hitting								
Date	9	10	11	12	13	14	15	
Cardio								
Speed/Agility Upper Body								
Lower Body Throwing								
Hitting								
Date	16	17	18	19	20	21	22	
Cardio								
Speed/Agility Upper Body								
Lower Body								
Throwing Hitting								
Date	23	24	25	26	27	28	29	
Cardio								
Speed/Agility Upper Body								
Lower Body								
Throwing Hitting								

Name:								
	November							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday		Body Weight
Date	3	0 31	l <u>1</u>	2	3	4	5	
Cardio			1					
Speed/Agility								l
Upper Body								
Lower Body								
Throwing								
Hitting								l
Date		6 7	7 8	9	10	11	12	
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
		l			l			1
Date	1	3 14	15	16	17	18	19	
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								l
Date	2	0 21	22	23	24	25	26	
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
J								1
Date	2	7 28	3 29	30	1	2	3	
Cardio			-					
Speed/Agility			1					1
Upper Body								1
Lower Body			1					1
Throwing Hitting			1					1
HITTING	1	1	1	1	I	1	1	1

Name:								
	December							
Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Body Weight
Date		4	5 6	5 7	8	9	10	
Cardio								-
Speed/Agility								<del> </del>
Upper Body								•
Lower Body	-							-
Throwing								1
Hitting								I
Date	1:	1 1	.2 13	14	15	16	17	
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
			_					1
Date	18	3 1	.9 20	21	22	23	24	
Cardio								-
Speed/Agility								-
Upper Body								-
Lower Body								•
Throwing Hitting								1
riicung								J
Date	2!	5 2	.6 27	28	29	30	31	
Cardio								
Speed/Agility								
Upper Body								
Lower Body								_
Throwing								
Hitting								]
Data		T		1	1	1	1	ī
Date Cardio								
Speed/Agility								1
Upper Body								1
Lower Body								1
Throwing								1
Hitting								1

Name:								
	January							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Body Weight
Date	1	. 2	3	4	5	6	7	
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
Date	8	9	10	11	12	13	14	
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
9	L	L			L		L	ı
Date	15	16	17	18	19	20	21	
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
Date	22	23	24	25	26	27	28	
Cardio		-			-			
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
_								
Date	29	30	31	1	2	3	4	
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing Hittina								

Name:								
	February		_					
	Sunday	Monday	Tuesday		Thursday	Friday	Saturday	Body Weight
Date	5	6	7	8	9	10	11	
Cardio								-
Speed/Agility								-
Upper Body								-
Lower Body								-
Throwing								-
Hitting								]
Date	12	13	14	15	16	17	18	
Cardio								
Speed/Agility								1
Upper Body								1
Lower Body								†
Throwing								1
Hitting								1
J								•
Date	19	20	21	22	23	24	25	
Cardio								
Speed/Agility								1
Upper Body								1
Lower Body								-
Throwing								-
Hitting								]
Date	26	27	28	29		1	1	<u> </u>
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
	Γ	•	Т	r	<b>,</b>	1	1	T
Date Cardio								
								1
Speed/Agility								•
Upper Body Lower Body								1
Throwing								1
Hittina	-							†

Name:	March							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Body Weight
Date Cardio					1	2	3	
Speed/Agility								
Upper Body								
Lower Body								
Throwing Hitting								
Date	4	5	6	7	8	9	10	
Cardio Speed/Agility								
Upper Body								
Lower Body								
Throwing Hitting								
Titeling								I
Date	11	12	13	14	15	16	17	
Cardio Speed/Agility								
Upper Body								
Lower Body								
Throwing Hitting								
Titeling			I.	l		I .		l
Date	18	19	20	21	22	23	24	
Cardio Speed/Agility								
Upper Body								
Lower Body								
Throwing Hitting								
Titeling			L	I.		L		
Date	25	26	27	28	29	30	31	
Cardio Speed/Agility								
Upper Body								
Lower Body								
Throwing Hitting								

Name:								
	April	Mandau	Torondore	\\/ - d d	Thomas	Estate	Catamatan	Dade Mainlet
Data	Sunday	Monday	Tuesday 3		Thursday 5	Friday	Saturday 7	Body Weight
Date Cardio	1	. 2	3	4	3	6	/	
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
riicting								I
Date	8	9	10	11	12	13	14	
Cardio		_						
Speed/Agility								
Upper Body								
Lower Body								
Throwing								1
Hitting								1
•						•	•	_
Date	15	16	17	18	19	20	21	
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
_		T		T		T		
Date	22	23	24	25	26	27	28	
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								J
Date	29	30	1	2	3	4	5	
Cardio	29	30	<u> </u>		<u> </u>	<u> </u>	1	
Speed/Agility								1
Upper Body								1
Lower Body		1						1
Throwing								1
Hitting								1
9		<u> </u>	<u> </u>	<u> </u>		L	<u> </u>	J

Name:	May							
	<b>May</b> Sunday	Monday	Tuesday		Thursday	Friday	Saturday	Body Weight
Date Cardio	6	7	8	9	10	11	12	
Speed/Agility	-							
Upper Body								
Lower Body Throwing								
Hitting								
Data		1 44	1	1.0		10	10	- I
Date Cardio	13	14	15	16	17	18	19	
Speed/Agility								
Upper Body								
Lower Body Throwing								
Hitting								
Date	20	21	22	23	24	25	26	Ι
Cardio			22	23	21	23	20	
Speed/Agility								
Upper Body Lower Body								
Throwing								
Hitting								l
Date	27	28	29	30	1	2	3	
Cardio								
Speed/Agility Upper Body								
Lower Body								
Throwing								
Hitting		Į.	ļ.					I
Date								
Cardio Speed/Agility	-							
Upper Body								
Lower Body								
Throwing Hitting								

Name:								
	June							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Body Weight
Date								
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
Date								
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
Date								
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
Date								
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
Date								
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hittina								

Name:								
	<b>July</b> Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Body Weight
Date								
Cardio								
Speed/Agility Upper Body								
Lower Body								
Throwing	-							
Hitting								
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Date								
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
Data			T	I	1	Τ	Ī	
Date Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
<b>5</b>			•	•	•			
Date								
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
Data		T	1	I	1	ī	I	<u> </u>
Date Cardio	-							
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								

Name:	A							
	<b>August</b> Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Body Weight
Date								
Cardio Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
Data			1		1			1
Date Cardio	-				+			
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
Data			<u> </u>		1		<u> </u>	
Date Cardio								
Speed/Agility					+			
Upper Body	-							
Lower Body								
Throwing								
Hitting								
Date					1			
Cardio					+			
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								
Date			1	1	T			1
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								_
Hittina	1	1		I	1	ı		1

Name:		<del></del>						
Data	<b>September</b> Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Body Weight
Date Cardio								
Speed/Agility								1
Upper Body								
Lower Body								]
Throwing								
Hitting								
Date		1	I	I	T	<u> </u>	T	I
Date Cardio								
Speed/Agility								-
Upper Body								1
Lower Body								
Throwing								1
Hitting								
Date								
Cardio								
Speed/Agility								
Upper Body								-
Lower Body Throwing								-
Hitting								1
rincing		1						ı
Date								
Cardio								
Speed/Agility								
Upper Body								
Lower Body								
Throwing								
Hitting								]
Date		I	1	Ι				
Cardio								
Speed/Agility								1
Upper Body								1
Lower Body								1
Throwing								]
Hitting								