

UCSD BASEBALL SUMMER WORKOUT CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6/20/2011	6/21/2011	6/22/2011	6/23/2011	6/24/2011	6/25/2011	6/26/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery ___	Active Recovery 30 Minutes activity Stretch Rules of Recovery ___	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery ___	Active Recovery 30 Minutes activity Stretch Rules of Recovery ___	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery ___	Active Recovery 30 Minutes activity Rules of Recovery ___	Active Recovery 30 Minutes activity Rules of Recovery ___
6/27/2011	6/28/2011	6/29/2011	6/30/2011	7/1/2011	7/2/2011	7/3/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery ___	Active Recovery 30 Minutes activity Stretch Rules of Recovery ___	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery ___	Active Recovery 30 Minutes activity Stretch Rules of Recovery ___	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery ___	Active Recovery 30 Minutes activity Rules of Recovery ___	Active Recovery 30 Minutes activity Rules of Recovery ___
7/4/2011	7/5/2011	7/6/2011	7/7/2011	7/8/2011	7/9/2011	7/10/2011
4th of July	Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery ___	Active Recovery 30 Minutes activity Rules of Recovery ___	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery ___	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery ___	Active Recovery 30 Minutes activity Rules of Recovery ___	Active Recovery 30 Minutes activity Rules of Recovery ___
7/11/2011	7/12/2011	7/13/2011	7/14/2011	7/15/2011	7/16/2011	7/17/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery ___	Active Recovery 30 Minutes activity Stretch Rules of Recovery ___	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery ___	Active Recovery 30 Minutes activity Stretch Rules of Recovery ___	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery ___	Active Recovery 30 Minutes activity Rules of Recovery ___	Active Recovery 30 Minutes activity Rules of Recovery ___

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/18/2011	7/19/2011	7/20/2011	7/21/2011	7/22/2011	7/23/2011	7/24/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Stretch Rules of Recovery ____	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Stretch Rules of Recovery ____	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Rules of Recovery ____	Active Recovery 30 Minutes activity Rules of Recovery ____
7/25/2011	7/26/2011	7/27/2011	7/28/2011	7/29/2011	7/30/2011	7/31/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Stretch Rules of Recovery ____	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Stretch Rules of Recovery ____	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Rules of Recovery ____	Active Recovery 30 Minutes activity Rules of Recovery ____
8/1/2011	8/2/2011	8/3/2011	8/4/2011	8/5/2011	8/6/2011	8/7/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Stretch Rules of Recovery ____	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Stretch Rules of Recovery ____	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Rules of Recovery ____	Active Recovery 30 Minutes activity Rules of Recovery ____
8/8/2011	8/9/2011	8/10/2011	8/11/2011	8/12/2011	8/13/2011	8/14/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Stretch Rules of Recovery ____	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Stretch Rules of Recovery ____	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery ____	Active Recovery 30 Minutes activity Rules of Recovery ____	Active Recovery 30 Minutes activity Rules of Recovery ____

8/15/2011	8/16/2011	8/17/2011	8/18/2011	8/19/2011	8/20/2011	8/21/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Stretch Rules of Recovery	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Stretch Rules of Recovery	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery
8/22/2011	8/23/2011	8/24/2011	8/25/2011	8/26/2011	8/27/2011	8/28/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Stretch Rules of Recovery	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Stretch Rules of Recovery	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery
8/29/2011	8/30/2011	8/31/2011	9/1/2011	9/2/2011	9/3/2011	9/4/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Stretch Rules of Recovery	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Stretch Rules of Recovery	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery

9/5/2011	9/6/2011	9/7/2011	9/8/2011	9/9/2011	9/10/2011	9/11/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Stretch Rules of Recovery	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Stretch Rules of Recovery	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery
9/12/2011	9/13/2011	9/14/2011	9/15/2011	9/16/2011	9/17/2011	9/18/2011
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Stretch Rules of Recovery	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Stretch Rules of Recovery	Dynamic Warm-Up Lift Tempo Day Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery