

SUPPLEMENTARY PHYSICAL TRAINING PROGRAM (SPTP)

0800 - 0845

**Monday - Thursday @ Sub Gym (26 Maple Leaf
Drive, Bldg A-296)**

Friday @ Buell Fitness & Aquatic Centre

MONDAY



FORCE Practice

TUESDAY



Balance & Cardio

WEDNESDAY



Strength & Conditioning

THURSDAY



**Speed, Agility,
Quickness & Intervals**

FRIDAY



Mobility & Core

