

RAIDER EDGE SCHEDULE, Tri II 2017-2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Phase 1-Wk 1	Nov 27	28	29 RAIDER EDGE Assessment	Dec 30	1 RAIDER EDGE Assessment
Phase 1-Wk 2	4 RAIDER EDGE	5	6 RAIDER EDGE	7	8 RAIDER EDGE
Phase 1-Wk 3	11 RAIDER EDGE	12	13 RAIDER EDGE	14	15 RAIDER EDGE
Phase 1-Wk 4	18 RAIDER EDGE	19	20 RAIDER EDGE	21	22 RAIDER EDGE
OFF	25 No School	26 No School	27 No School	28 No School	29 No School
OFF	Jan 1 No School	2 No School	3 No School	4 No School	5 No School
Phase 2-Wk 1	8 RAIDER EDGE	9	10 RAIDER EDGE	11	12 RAIDER EDGE
Phase 2-Wk 2	15 No School	16 RAIDER EDGE	17 RAIDER EDGE	18	19 RAIDER EDGE
Phase 2-Wk 3	22 RAIDER EDGE	23	24 RAIDER EDGE	25	26 RAIDER EDGE
Phase 2-Wk 4	29 RAIDER EDGE	30	31 RAIDER EDGE	1 RAIDER EDGE	2 No School
Phase 2-Wk 5	5 RAIDER EDGE	6	7 RAIDER EDGE	8	9 RAIDER EDGE
Phase 2-Wk 6	12 RAIDER EDGE	13	14 RAIDER EDGE	15	16 RAIDER EDGE
Phase 2-Wk 7	19 No School	20	21 RAIDER EDGE	22	23 RAIDER EDGE
Testing	26 TESTING DAY	27	28 TESTING DAY	1 Tri Exams	2 Tri Exams

32 Days of Training-

- Phase I- "Build a Base"(Nov 29- Dec 21) 11 days
 - Mentally Tough
 - In- Shape
 - Wired to Succeed
 - Stations, tempo, form, hypertrophy

- Phase II "Stronger & Faster" (Jan 3- Mar 1) 20 days + 2 Testing Days
 - Emphasis on improving training numbers before testing
 - This would be a traditional bulking phase