

“Patrick’s PREP Program” May 2025

FULL GRIND CIRCUITS (COME BETWEEN THESE TIMINGS)

MON – 6 - 9 AM / 3 PM - 7 PM -SHUTTLE PRACTICE = SUNDAY 11 AM / WEDNESDAY 5PM

THURS - 430 PM - 7 PM

SAT- 6 AM - 10 AM

-TEAM GRIND CIRCUITS = SUN 2 PM / TUES 7 PM / FRIDAYS 6 PM



SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2	3
					CIRCUIT #1	PREP	PREP
	4	5	6	7	8	9	10
SHUTTLE TEAM CIRCUIT		CIRCUIT #1	TEAM CIRCUIT	SHUTTLE	CIRCUIT #2	TEAM CIRCUIT	CIRCUIT #2
	11	12	13	14	15	16	17
SHUTTLE TEAM CIRCUIT		CIRCUIT #2	TEAM CIRCUIT	SHUTTLE	CIRCUIT #3	TEAM CIRCUIT	CIRCUIT #3
	18	19	20	21	22	23	24
SHUTTLE TEAM CIRCUIT		CIRCUIT #3	TEAM CIRCUIT	SHUTTLE	CIRCUIT #4	TEAM CIRCUIT	CIRCUIT #4
	25	26	27	28	29	30	31
SHUTTLE TEAM CIRCUIT		CIRCUIT #4	TEAM CIRCUIT	SHUTTLE	CIRCUIT #5	PREP	PREP

“Patrick’s PREP Program” June 2025

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FARIA FITNESS

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6	7
SHUTTLE TEAM CIRCUIT		CIRCUIT #5	TEAM CIRCUIT	SHUTTLE	CIRCUIT #6	TEAM CIRCUIT	CIRCUIT #6
	8	9	10	11	12	13	14
SHUTTLE TEAM CIRCUIT		CIRCUIT #6	TEAM CIRCUIT	SHUTTLE	CIRCUIT #7	TEAM CIRCUIT	CIRCUIT #7
	15	16	17	18	19	20	21
SHUTTLE TEAM CIRCUIT		CIRCUIT #7	TEAM CIRCUIT	SHUTTLE	CIRCUIT #8	PREP	PREP
	22	23	24	25	26	27	28
SHUTTLE TEAM CIRCUIT		CIRCUIT #8	TEAM CIRCUIT	SHUTTLE	CIRCUIT #9	TEAM CIRCUIT	CIRCUIT #9
	29	30					
SHUTTLE TEAM CIRCUIT		CIRCUIT #9					

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SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4	5
			TEAM CIRCUIT	SHUTTLE TEAM CIRCUIT	CIRCUIT #10	TEAM CIRCUIT	CIRCUIT #10
	6	7	8	9	10	11	12
SHUTTLE TEAM CIRCUIT		CIRCUIT #10	TEAM CIRCUIT	SHUTTLE TEAM CIRCUIT	CIRCUIT #11	PREP	PREP
	13	14	15	16	17	18	19
SHUTTLE TEAM CIRCUIT		CIRCUIT #11	TEAM CIRCUIT	SHUTTLE TEAM CIRCUIT	CIRCUIT #12	TEAM CIRCUIT	CIRCUIT #12
	20	21	22	23	24	25	26
SHUTTLE TEAM CIRCUIT		CIRCUIT #12	TEAM CIRCUIT	SHUTTLE TEAM CIRCUIT	CIRCUIT #13	PREP	PREP
	27	28	29	30	31		
SHUTTLE TEAM CIRCUIT		CIRCUIT #13	TEAM CIRCUIT	SHUTTLE TEAM CIRCUIT	PREP		