

Start Time	Time Blocks
8:00 AM	30m



APEC sample training schedule
 To protect our athletes we left this very broad. Our system is very individualized and tailored to each athlete. For instance, Saturday will be needs based. Could be speed technique, etc. In addition, our weekly schedules will change as the process goes on.

NFL combine/proday/draft prep 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	BREAKFAST	BREAKFAST		BREAKFAST	BREAKFAST		OFF
8:30 AM	INDIVIDUAL MEDICAL	INDIVIDUAL MEDICAL		INDIVIDUAL MEDICAL	INDIVIDUAL MEDICAL		
9:00 AM	FUSE (PREP)	FUSE (PREP)	BREAKFAST	FUSE (PREP)	FUSE (PREP)	BREAKFAST	
9:30 AM	SPEED	SPEED		SPEED	SPEED	GYMNASTICA	
10:00 AM			GYMNASTICA			FLOW	
10:30 AM	POWER	POWER	FLOW	POWER	POWER	STRENGTH	
11:00 AM	STRENGTH	STRENGTH	REGENERATION	STRENGTH	STRENGTH	CONDITIONING	
11:30 AM	CONDITIONING	CONDITIONING	CORRECTIVES	CONDITIONING	CONDITIONING	REGENERATION	
12:00 PM	REGENERATION	REGENERATION	BODY SHOP	REGENERATION	REGENERATION	LUNCH	
12:30 PM	LUNCH	LUNCH	CONDITIONING	LUNCH	LUNCH		
1:00 PM			LUNCH			SKILL IF NEEDED	
1:30 PM	MOBILITY	SKILL	MEDIA PREP	MOBILITY	SKILL		
2:00 PM			WONDERLICK PREP			RECOVERY	
2:30 PM	FILM or SKILL		SPEED FILM	FILM or SKILL			
3:00 PM		REGENERATION	MASSAGE		REGENERATION		
3:30 PM	RECOVERY METHODS	RECOVERY METHODS	RECOVERY METHODS	RECOVERY METHODS	RECOVERY METHODS		
4:00 PM							
4:30 PM							
5:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER		