

Strength Specific Training Schedule - BARUCHealth

Month	Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Week 1								
	Week 2								
	Week 3								
	Week 4								
2	Week 5								
	Week 6								
	Week 7								
	Week 8								
3	Week 9								
	Week 10								
	Week 11								
	Week 12								
4	Week 13								
	Week 14								
	Week 15								
	Week 16								
5	Week 17								
	Week 18								
	Week 19								
	Week 20								
6	Week 21								
	Week 22								
	Week 23								
	Week 24								

Notes: