



IRONMEN FOOTBALL
2024 Freshman Summer Template
7 – 9:30am



June Mondays:

- 7:00 Warm Up
- 7:10: On Field Movement & Body Weight Workout
- 7:55: Offense / Defense / ST
- 9:25: All Up & Announcements

June Tuesdays:

- 7:00 Warm Up
- 7:10: Transition to Weight Room
- 7:20: Lifting Fundamentals (Workout from Coach Letterle) No one in Weight Room Varsity!
- 8:00: Transition to Field
- 8:10: Offense / Defense / ST
- 9:25: All Up & Announcements

June Thursdays:

- 7:00: Warm Up
- 7:10: On Field Movement & Body Weight Workout
- 7:55: Defense / Offense / ST
- 9:25: All Up & Announcements



July Mondays:

- 7:00 Warm Up
- 7:10: On Field Movement & Body Weight Workout
- 7:55: Offense / Defense / ST
- 9:25: All Up & Announcements

July Tuesdays:

- 7:00: Warm Up
- 7:10: On Field Movement & Body Weight Workout
- 7:55: Defense / Offense / ST
- 9:25: All Up & Announcements

July Thursdays:

- 7:00: Warm Up
- 7:10: Transition to Weight Room
- 7:20: Weight Room – Lifting Fundamentals Transition to Field
- 8:00: Transition to Field
- 8:10: Defense / Offense / ST
- 9:25: All Up & Announcements