

THE ASYLUM

30 DAY CALENDAR

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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Speed & Agility	Strength	Back to Core	Vertical Plyo	Rest Day	Speed & Agility	Strength
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Back to Core	Vertical Plyo	Relief	Game Day	Back to Core	Strength	Relief
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Speed & Agility	Vertical Plyo	Strength	Relief	Game Day / Overtime	Vertical Plyo	Back to Core
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Rest Day	Speed & Agility	Strength	Game Day / Overtime	Vertical Plyo	Back to Core	Relief
Day 29	Day 30					
Speed & Agility	Fit Test					

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