



D-TOWN FOOTBALL

2026 OFF-SEASON FRESHMAN

WORK OUT SCHEDULE

ALL DATES & TIMES SUBJECT TO CHANGE



| WEEK / DATES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|---|---------------|--------------------------------|---------------|---------------|--------------------------------|----------|-------------------|-----|
| WEEK 2-2 APRIL 27-MAY 1 | STRONG | | | LIFT | | TBD | | |
| WEEK 2-3 MAY 4-8 | STRONG | | | LIFT | | TBD | | |
| WEEK 2-4 MAY 11-15 | STRONG | | | LIFT | | TBD | | |
| WEEK 2-5 MAY 18-22 | STRONG | | | LIFT | | TBD | | |
| MINI CAMP MAY 26-29 | NO SCHOOL | MINI CAMP | | | | OFF | | |
| WEEK 3-1 JUNE 1-5 (AFTER SCHOOL) | STRONG | | LIFT | GRAD/OFF | | OFF | | |
| WEEK 3-2 JUNE 8-11 (AM) | LIFT | | STRONG | | | OFF | | |
| B&G CAMP JUNE 15-19 | 9:00AM-2:00PM | 9:00AM-2:00PM | 9:00AM-2:00PM | 9:00AM-2:00PM | 9:00AM-12:00PM | OFF | | |
| WEEK 3-3 JUNE 15-18 (AM) | LIFT | | STRONG | | | OFF | | |
| WEEK 3-4 JUNE 22-25 (AM) | LIFT | | STRONG | | | OFF | | |
| WEEK 3-5 JUNE 29-JULY 2 (AM) | LIFT | | STRONG | | | OFF | | |
| WEEK 3-6 JULY 6-9 (AM) | LIFT | | STRONG | | | OFF | | |
| OFF JULY 13-26 | | JULY 13-16 TEAM TRIP | | | JULY 13-16 TEAM CAMP | | JULY 17-26 OFF | OFF |
| OTA's JULY 27-31 | LIFT (AM) | | LIFT (AM) | | | OFF | OFF | |
| OTA's AUG 3-7 | LIFT (AM) | | LIFT (AM) | | | OFF | OFF | |
| HEAT CAMP AUG 10-14 | | MON - THURS 4:30PM - 7:00PM | | | GOLD CARDS | OFF | | |
| SUMMER CAMP AUG 17-21 | | MON - THURS 4:30PM - 7:00PM | | | AM ONLY | OFF | OFF | |

IMPORTANT NOTES



AFTER SCHOOL STARTS 3:00



AM STARTS 7:15 UNLESS INDICATED OTHERWISE

IMPORTANT DATES



JULY 28
GOLD CARD HAND OUT



AUGUST 14
MOM'S CLINIC 5:00 PM



AUGUST 15
GOLD CARD BLITZ



AUGUST 20
FAMILY SOCIAL



AUGUST 21
1:00 TEAM PICTURES

**BUILT HERE.
EARN EVERYTHING.**



AFTER SCHOOL STARTS 3:00



AM STARTS 7:15 UNLESS INDICATED OTHERWISE

2026 D-TOWN FOOTBALL OFF-SEASON FRESHMAN WORK OUT SCHEDULE (All dates and times subject to change)

| WEEK # | MON. | TUES. | WED. | THURS. | FRI. | SAT. | SUN. |
|--|---------------------------------|------------------|-------------|---------------|-------------|-------------|-------------|
| WEEK 2-2; April 27-May 1 | STRONG | | | LIFT | | TBD | |
| WEEK 2-3; May 4-8 | STRONG | | | LIFT | | TBD | |
| WEEK 2-4; May 11-15 | STRONG | | | LIFT | | TBD | |
| WEEK 2-5 May 18-22 | STRONG | | | LIFT | | TBD | |
| MINI CAMP: May 26-29 | NO SCHOOL | MINI CAMP | | | | OFF | |
| WEEK 3-1 June 1-5 (after school) | STRONG | | LIFT | GRAD/OFF | | OFF | |
| WEEK 3-2 June 8-11 (AM) | LIFT | | STRONG | | | OFF | |
| B&G CAMP JUNE 15-JUNE 19 | 9:00-2:00 | 9:00-2:00 | 9:00-2:00 | 9:00-2:00 | 9:00-12:00 | OFF | |
| WEEK 3-3 June 15-18 (AM) | LIFT | | STRONG | | | OFF | |
| WEEK 3-4; June 22-25 (AM) | LIFT | | STRONG | | | OFF | |
| WEEK 3-5; June 29 -July 2 (AM) | LIFT | | STRONG | | | OFF | |
| WEEK 3-6 July 6-9 (AM) | LIFT | | STRONG | | | OFF | |
| OFF July 13th July 26th | TEAM TRIP | TEAM CAMP | | | | OFF | OFF |
| OFF July 17-July 26 | OFF | | | | | | |
| OTA's July 27-31 | Lift AM | | Lift AM | | | OFF | OFF |
| OTA's; Aug 3 Aug 7 | Lift AM | | Lift AM | | | OFF | OFF |
| HEAT; Aug 10-Aug 14 | HEAT CAMP 4:30 PM to 7PM | | | | | GOLD CARDS | OFF |
| SUMMER CAMP Aug 17-21 | SUMMER CAMP 4:30 to 7:00 | | | | AM ONLY | OFF | OFF |
| After School starts 3:00 | | | | | | | |
| AM Starts 7:15 unless indicated otherwise | | | | | | | |
| July 28th Gold Card Hand Out | | | | | | | |
| August 14th Mom's Clinic 5:00 PM | | | | | | | |
| August 15th Gold Card BLITZ | | | | | | | |
| August 20th Family Social | | | | | | | |
| August 21st 1:00 Team Pictures | | | | | | | |