

2024 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 2-1; April 1-5	STRONG			LIFT		TBD		
WEEK 2-2; April 8-13	STRONG			LIFT		TBD		
WEEK 2-3; April 15-19	STRONG			LIFT		TBD		
WEEK 2-4; May 22-26	STRONG			LIFT		TBD		
WEEK 2-5 May 29 May 3	STRONG			LIFT		TBD		
WEEK 2-6 May 6-10	STRONG			LIFT		TBD		
WEEK 2-7 May 13-17	STRONG			LIFT		OFF		
WEEK 2-8 May 20-24	STRONG			LIFT		OFF		
MINI CAMP: May 27-31	NO SCHOOL	MINI CAMP						
WEEK 3-1 June 3-9 (after school)	STRONG		LIFT	GRADUATION				
WEEK 3-2 June 10-14 (Morning)	STRONG PM			AM				
BLUE & GOLD CAMP JUNE 17-JUNE 21	9:00-2:00	9:00-2:00	9:00-2:00	9:00-2:00	9:00-12:00			
WEEK 3-3 June 17-21 (morning)	LIFT			LIFT				
WEEK 3-4; June 24-28 (morning)	LIFT			LIFT				
WEEK 3-5; July 1 -July 3 (morning)	LIFT		LIFT	OFF				
WEEK 3-6 July 8-10 (morning)	LIFT			LIFT				
TEAM CAMP July 15-18:	OFF							
OFF July 22-July 29	OFF							
OTA's July 29-Aug 2 (morning)	Lift AM	Lift AM	Lift AM	Lift AM	OFF	OFF	OFF	
HEAT; Aug 5-Aug 9	HEAT CAMP 4PM to 7PM					GOLD CARDS	OFF	
SUMMER CAMP Week #1 Aug 12	2 a days Times to follow				AM ONLY	OFF	OFF	
GAME WEEK; Aug. 19	3 to 6	3 to 6	3 to 6	3 to 6	OFF	OFF	OFF	