

2024 D-TOWN FOOTBALL OFF-SEASON WORK OUT SCHEDULE (All dates and times subject to change)							
WEEK #	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
TESTING March 18-22	MAKE UP	TEST	TEST	MAKE UP	TEST	OFF	
OFF March 25-29	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	OFF	
WEEK 2-1; April 1-5	STRONG	LIFT	MAKE UP	LIFT	LIFT	TBD	
WEEK 2-2; April 8-13	STRONG	LIFT	OFF	LIFT	LIFT	TBD	
WEEK 2-3; April 15-19	STRONG	LIFT	MAKE UP	LIFT	LIFT	TBD	
WEEK 2-4; May 22-26	STRONG	LIFT	1/2 DAY	LIFT	LIFT	TBD	
WEEK 2-5 May 29 May 3	STRONG	LIFT	MAKE UP	LIFT	LIFT	TBD	
WEEK 2-6 May 6-10	STRONG	LIFT	MAKE UP	LIFT	LIFT	TBD	
WEEK 2-7 May 13-17	STRONG	LIFT	MAKE UP	LIFT	LIFT	OFF	
WEEK 2-8 May 20-24	STRONG	LIFT	LIFT	LIFT	OFF	OFF	
MINI CAMP: May 27-31	NO SCHOOL	MINI CAMP				OFF	
WEEK 3-1 June 3-9 (after school)	STRONG	LIFT	LIFT	GRADUATION	LIFT	OFF	
WEEK 3-2 June 10-14 (Morning)	STRONG PM	AM	AM	AM	OFF	OFF	
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	OFF	
WEEK 3-3 June 17-21 (morning)	LIFT	LIFT	LIFT PM 7-7	LIFT	OFF	OFF	
WEEK 3-4; June 24-28 (morning)	LIFT	LIFT	LIFT PM 7-7	LIFT	OFF	OFF	
WEEK 3-5; July 1 -July 3 (morning)	LIFT	LIFT	LIFT	OFF	OFF	OFF	
WEEK 3-6 July 8-10 (morning)	LIFT	LIFT	LIFT	LIFT	OFF	OFF	
TEAM CAMP July 15-18:	TEAM TRIP	TEAM CAMP			OFF	OFF	OFF
OFF July 22-July 29	OFF						
OTA's July 29-Aug 2	Lift AM	Lift AM	Lift AM	Lift AM	OFF	OFF	OFF
HEAT; Aug 5 Aug 9	TEST 10-12		TEST 10-12		TEST 10-12		
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	Scrimmage	OFF
GAME WEEK; Aug. 19	3 to 6	3 to 6	3 to 6	3 to 6	GAME	PRACTICE	OFF