



January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 2 Sets X 25@90ft	3	4 2 Sets X 25@90ft	5	6	7 2 Sets X 25@90ft
8 AZ Mini-Camp	9 2 Sets X 25@120ft	10	11 2 Sets X 25@120ft	12	13 2 Sets X 25@120ft	14
15 TX Mini-Camp	16 DR OPENS 2 Sets X 25@120ft	17	18 2 Sets X 25@150ft	19	20 2 Sets X 25@150ft	21
22 DR January Program	23 Long Toss 45-50 throws build up to 180ft	24 2 Sets X 25@60ft	25	26 Long Toss 45-50 throws build up to 180ft	27 2 Sets X 25@60ft	28
29	30 1st Side 30 pit/5-7 min FB only	31 1 set X 30-35@90ft				
Notes: AZ Mini-Camp, TX Mini-Camp, DR January Program will take place the week listed, but not necessarily those exact days.						