

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
<b>6:00</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast							
<b>7:00</b>	Strength and Conditioning	Individual basketball work-out time (optional)	Strength and Conditioning	Individual basketball work-out time (optional)	Individual basketball work-out time (optional)	Breakfast	Breakfast					
<b>8:00</b>	Depending on your schedule: - School - Study - Work - Rest							Depending on your schedule: - School - Study - Work - Rest	Depending on your schedule: - School - Study - Work - Rest	Academy Practice	Recovery Strength and Conditioning	Depending on your schedule: - Study - Work - Rest - Youth Coaching
<b>9:00</b>										Academy Practice	Recovery time (At local spa: Hot and cold tub contrast bathing, sauna/steam room/recovery pool stretching)	
<b>10:00</b>										Depending on your schedule: - School - Study - Work - Rest		
<b>11:00</b>												
<b>12:00</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch					
<b>13:00</b>	Depending...	Depending on your schedule: - School - Study - Work - Rest - Youth Coaching	Depending on your schedule: - School - Study - Work - Rest - Youth Coaching	Depending on your schedule: - School - Study - Work - Rest - Youth Coaching	Depending on your schedule: - School - Study - Work - Rest - Youth Coaching	Depending on your schedule: - School - Study - Work - Rest - Youth Coaching	Depending on your schedule: - Study - Work - Rest - Youth Coaching					
<b>14:00</b>	Academy Practice											
<b>15:00</b>	Depending on your schedule: - School - Study - Work - Rest - Youth Coaching							Academy Practice				
<b>16:00</b>		Depending on your schedule: - Study - Rest - Youth Coaching					Pre-game routine					
<b>17:00</b>	Dinner	Dinner	Dinner	Dinner	Dinner		Under 20 Game-day / Academy (Under 18) Game-day					
<b>18:00</b>	Pre-practice routine	Pre-practice routine	Pre-practice routine	Pre-practice routine	Pre-game routine		Pre-practice routine					
<b>19:00</b>	Men's first Division (Team Practice)	Men's 1st Division (Individual workouts)	Men's 1st Division (Team Practice)	Men's 1st Division (Video session + Individual workouts)	Men's 1st Division Gameday	Dinner	Men's 1st Division (Video session + Individual workouts)					
<b>20:00</b>						Depending on your schedule: - Study - Rest		Depending on your schedule: - Study - Rest				
<b>21:00</b>	Hydrate + Calorie intake											
<b>22:00</b>					Hydrate + Calorie intake							