

# Ranger Strength & Conditioning Program- 2010

1. Week # 1
  - March 22<sup>th</sup> – March 26<sup>th</sup>
2. Week # 2
  - March 29<sup>th</sup> – April 2<sup>nd</sup>
3. Week # 3
  - April 5<sup>th</sup> – April 9<sup>th</sup>
4. Week #4
  - April 12<sup>th</sup> – April 16<sup>th</sup>
5. Week #5
  - April 19<sup>th</sup> – April 23<sup>rd</sup>
6. Week # 6
  - April 26<sup>th</sup> – April 30<sup>th</sup>
7. Week # 7
  - May 3<sup>rd</sup> – May 7<sup>th</sup>
8. Week #8
  - May 10<sup>th</sup> – May 14<sup>th</sup>
9. Week #9
  - May 17<sup>th</sup> – May 21<sup>st</sup>
10. Week #10
  - May 24<sup>th</sup> – May 28<sup>th</sup>
11. Week # 11
  - May 31<sup>st</sup> – June 4<sup>th</sup>
12. Week #12
  - June 7<sup>th</sup> – June 11<sup>th</sup>
13. **Week #13 –(MAX OUT AGAIN FOR A NEW MAX FRESHMAN & TRANSFERS-1-REP)**
  - June 14<sup>th</sup> – June 18<sup>th</sup>
14. Week # 14
  - June 21<sup>st</sup> – June 25<sup>th</sup>
15. Week # 15
  - June 28<sup>th</sup> – July 2<sup>nd</sup>
16. Week # 16
  - July 5<sup>th</sup> – July 9<sup>th</sup>
17. Week # 17
  - July 12<sup>th</sup> – July 16<sup>th</sup>
18. Week #18
  - July 19<sup>th</sup> – July 23<sup>rd</sup>
19. Week #19
  - July 26<sup>th</sup> – July 30<sup>th</sup>
20. Week #20
  - August 2<sup>nd</sup> – August 6<sup>th</sup>
21. Week #21
  - August 9<sup>th</sup> – August 13<sup>th</sup>

