



Summer Strength & Conditioning Program

Upper School

Free Upper School summer strength and conditioning sessions will be held from June 11– August 9 on Mondays, Tuesdays, Wednesdays and Thursdays.

- Boys entering Grades 10– 12 may choose between two workouts each day, 8–10 a.m. and 4:30–6:30 p.m.
- Inexperienced lifters and rising Grade 9 students should come at 9 a.m. to participate in agility-speed-conditioning work (with the upperclassmen) before they lift weights from 10–11a.m.
- On Fridays, we will offer supplemental/strongman work for upperclassmen interested in additional training, with sessions beginning at 8 a.m. and 4:30 p.m.
- Athletes may drop in for a session, but they must show up at the starting time.
- All upperclassmen will use Teambuildr (www.teambuildr.com) to follow the 2018 Summer Athlete Improvement Program.

Middle & Lower School

Free Middle School and Lower School strength and conditioning sessions will be held from June 14–August 10, 11 a.m.–noon on Tuesdays and Thursdays. Each day’s session will include a dynamic warmup, weight training, agility drills and speed work.

Any changes to the schedule will be posted in the weight room. If you have questions, please contact Marty Klingelhofer at 310-320-1089 or marty_klingelhofer@landon.net.

	DATES	DAYS	HOURS	COST
Upper School (Grades 9–12)	June 11–August 9 (no morning session June 11 & 12 and week of July 30)	Monday to Friday (No ninth graders on Friday)	<u>Grades 10–12</u> 8–10 a.m., 4:30-6:30 p.m. <u>Grade 9</u> 9–11 a.m.	NONE
Lower & Middle School (Grades 4–8)	June 14–August 9 (no sessions June 12 and week of July 30)	Tuesday & Thursday	11 a.m.-noon	NONE