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Writing The Winter Off Season Program Mike Gentry - CSCCA

Step 6: Write Your Weekly And Daily Training Program The Next Step In The Writing Process Is To Determine

Your Weekly Training Frequency (as An Example, Three Or Four Days Of Resistance Training Per Week.) I Believe A Variety Of Training Frequencies Can Be Effective. I've Chosen The Fo Jan 1th, 2024

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Detach Below And Return To A Member Of The Spartan Basketball Coaching Staff Prior To Monday, November 17. ----- I Have Read, Understand, And Agree To Uphold ALL Of The Guidelines And Expectations Outlined In This Document (Lincoln East Boys' Basketball Expectations 2014-2015). Player's Name (Print): _____
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