

# AOC Basketball Pre-season Training

Training Log	Oct. 5	Oct. 12	Oct. 19	Oct. 26	Nov. 2	Nov. 9	Nov. 16
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday	The Lord's Day: Day of Rest						
Run at least ____ days	4	4	4	5	5	4	3
Weekly Minimum	6	10	14	18	22	10	6
Weekly Total							
Reality vs. Goal							

**NOTE: If having leg issues you can replace running with cycling, but must double the amount of miles.**