Start Time	Time Blocks
8:00 AM	30m

APEC sample training schedule

To protect our athletes we left this very broad. Our system is very individualized and tailored to each athlete. For instance, Saturday will be needs based. Could be speed technique, etc. In addition, our weekly schedules will change as the process goes on.

NFL draft prep 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	BREAKFAST	BREAKFAST		BREAKFAST	BREAKFAST		OFF
8:30 AM	Sport Stretch	Sport Stretch		Sport Stretch	Sport Stretch		
9:00 AM	FUSE	FUSE	BREAKFAST	FUSE	FUSE	BREAKFAST	
9:30 AM	SPEED	SPEED	Sport Stretch	SPEED	Mock Combine/ Pro Day Test	GYMNASTICA	
10:00 AM			GYMNASTICA		Pro day position drills	FLOW	
10:30 AM	POWER	POWER	FLOW	POWER	Skill work	STRENGTH	
11:00 AM	STRENGTH	STRENGTH	REGENERATION	STRENGTH	Skill work	CONDITIONING	
11:30 AM	CONDITIONING	CONDITIONING	CORRECTIVES	CONDITIONING	Film work / Board work	REGENERATION	
12:00 PM	REGENERATION	REGENERATION	BODY SHOP	REGENERATION	Film work / Board work	LUNCH	
12:30 PM	LUNCH	LUNCH	LUNCH	LUNCH	Film work / Board work		
1:00 PM	Sport Stretch	Sport Stretch	Sport Stretch	Sport Stretch	LUNCH	SKILL IF NEEDED	
1:30 PM	REGENERATION	REGENERATION	MEDIA PREP	MOBILITY	Sport Stretch		
2:00 PM	SKILL or FILM or BOARD	WONDERLICK Prep	SKILL or FILM or BOARD	SKILL or FILM or BOARD	MASSAGE	RECOVERY	
2:30 PM	FILM or SKILL	Interview skills	SKILL or FILM or BOARD	SKILL or FILM or BOARD	MASSAGE		
3:00 PM	REGENERATION	REGENERATION	MASSAGE	REGENERATION	REGENERATION		
3:30 PM	RECOVERY METHODS	RECOVERY METHODS	MASSAGE	RECOVERY METHODS	RECOVERY METHODS		
4:00 PM	RECOVERY METHODS	RECOVERY METHODS	RECOVERY METHODS	RECOVERY METHODS	RECOVERY METHODS		
4:30 PM							
5:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER		