

# **SUPPLEMENTARY PHYSICAL TRAINING PROGRAM (SPTP)**

**0800 - 0845**

**Monday - Thursday @ Sub Gym (26 Maple Leaf  
Drive, Bldg A-296)**

**Friday @ Buell Fitness & Aquatic Centre**

**MONDAY**



**FORCE Practice**

**TUESDAY**



**Balance & Cardio**

**WEDNESDAY**



**Strength & Conditioning**

**THURSDAY**



**Speed, Agility,  
Quickness & Intervals**

**FRIDAY**



**Mobility & Core**

