

<b>Lifetime Fitness</b>				
<b>September</b>	<b>October</b>	<b>November</b>	<b>December</b>	<b>January</b>
<p><i>5k Training</i></p> <p><i>Weight Training Basics</i></p> <p><i>“Good Form Running” Analysis</i></p> <p>A.4.HR.8, K.2.HR.6, K.2.HR.7, B.6.ID.1, B.5.FB.1, K.2.AN.2, K.2.SB.1</p>	<p><i>5k Training</i></p> <p><i>5k Race</i></p> <p><i>Flexibility</i></p> <p>K.2.HR.4, K.2.HR.5, A.4.HR.8, K.2.HR.6, K.2.HR.7, B.6.ID.1, B.5.FB.1, K.2.AN.2, K.2.SB.1</p>	<p><b>Bigger Faster Stronger Program</b></p> <p><b>Aerobics</b></p> <p>A.4.HR.8, K.2.HR.6, K.2.HR.7, B.6.ID.1, B.5.FB.1, K.2.AN.2</p>	<p><b>Bigger Faster Stronger Program</b></p> <p><b>Aerobics</b></p> <p><b>**Weight Room Project**</b></p> <p>A.4.HR.8, K.2.HR.6, K.2.HR.7, B.6.ID.1, B.5.FB.1, K.2.AN.2</p>	<p><b>Bigger Faster Stronger</b></p> <p><b>Nutrition</b></p> <p><b>Plyometrics</b></p> <p><b>Lift A thon</b></p> <p>A.4.HR.8, K.2.HR.6, K.2.HR.7, B.6.ID.1, B.5.FB.1, K.2.AN.2</p>
<b>February</b>	<b>March</b>	<b>April</b>	<b>May</b>	<b>June</b>
<p><b>Bigger Faster Stronger</b></p> <p><b>Competition lifts</b></p> <p><b>Agility</b></p> <p><b>Plyometrics</b></p> <p><b>Lift A Thon</b></p> <p>A.4.HR.8, K.2.HR.6, K.2.HR.7, B.6.ID.1, B.5.FB.1, K.2.AN.2</p>	<p><b>Bigger Faster Stronger</b></p> <p><b>Speed/ Agility work</b></p> <p><b>Goal setting</b></p> <p>A.4.HR.8, K.2.HR.6, K.2.HR.7, B.6.ID.1, B.5.FB.1, K.2.AN.2</p>	<p><b>Bigger Faster Stronger</b></p> <p><b>Outdoor Pursuits</b></p> <p><b>Speed/ Agility work</b></p> <p><b>Nutrition</b></p> <p>A.4.HR.6, K.2.AN.1, A.4.HR.8, K.2.HR.6, K.2.HR.7, B.6.ID.1, B.5.FB.1, K.2.AN.2, K.2.OP.4, K.2.OP.5, K.2.OP.6,</p>	<p><b>Bigger Faster Stronger</b></p> <p><b>Yoga</b></p> <p><b>Golf</b></p> <p><b>Fitness Testing</b></p> <p>A.4.HR.8, K.2.HR.6, K.2.HR.7, B.6.ID.1, B.5.FB.1, K.2.AN.2, K.2.SB.1</p>	<p><b>Bigger Faster Stronger</b></p> <p><b>Golf</b></p> <p><b>Fitness Testing</b></p> <p>A.4.HR.8, K.2.HR.6, K.2.HR.7, B.6.ID.1, B.5.FB.1, K.2.AN.2, K.2.SB.1</p>

