

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 WORKOUT AND CONDITIONING 4:00- 6:00PM	4	5 WORKOUT AND CONDITIONING 4:00- 6:00PM	6 WORKOUT AND CONDITIONING 4:00- 6:00PM	7	8
9	10 WORKOUT AND CONDITIONING 4:00- 6:00PM	11	12 WORKOUT AND CONDITIONING 4:00- 6:00PM	13 WORKOUT AND CONDITIONING 4:00- 6:00PM	14	15
16	17 WORKOUT AND CONDITIONING 4:00- 6:00PM	18	19 WORKOUT AND CONDITIONING 4:00- 6:00PM	20 WORKOUT AND CONDITIONING 4:00- 6:00PM	21	22
23	24 WORKOUT AND CONDITIONING 4:00- 6:00PM	25	26 WORKOUT AND CONDITIONING 4:00- 6:00PM	27 WORKOUT AND CONDITIONING 4:00- 6:00PM	28	29
30	31					

OFF SEASON CONDITIONING

VIKING PRIDE BEGINS WITH ME!

LAKESIDE VARSITY FLAG FOOTBALL

SUMMER WORKOUT DATES