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| --- | --- | --- | --- |
| Week1 |  | activity | Duration |
| monday |  | Coquitlam crunch | 1 hour |
| Tuesday |  | Lacrosse practice | 1 hour |
| wednesday |  | Coquitlam crunch | 1 hour |
| thurday |  | Gym workout | 1 hour |
| firday |  | Gym workout | 2 hours |

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| Week 2 | activity | duration |
| monday | Coquitam crunch | 1 hour |
| tuesday | Lacrosse practice | 1 hour |
| wednesday | Gym workout | 1 hour |
| thursday | Gym workout | 1 hour |
| friday | Gym workout | 1 hour |