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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 |

|  |  |  |
| --- | --- | --- |
| 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 |