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# CSP Summer 2026 Training Schedule

June 15 - Aug 7







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## Weekly Schedule Breakdown

### Monday & Wednesday

- 7:00 AM – 8:00 AM |  College/Pro Strength
- 8:00 AM – 9:00 AM |  College/Pro Explosive Development
- 8:00 AM – 9:00 AM |  Elite Speed
- 9:00 AM – 10:00 AM |  Elite Strength
- 9:00 AM – 10:00 AM |  Youth Speed & Strength
- 9:00 AM – 10:00 AM |  College/Pro optional post recovery with STRIVE

### Tuesday & Thursday

- 3:00 PM – 4:00 PM |  Elite Strength
- 3:00 PM – 4:00 PM |  College/Pro Speed and Endurance Day
- 4:00 PM – 5:00 PM |  Elite Speed
- 4:00 PM – 5:00 PM |  College/Pro Strength
- 4:00 PM – 5:00 PM |  Youth Speed & Strength
- 5:00 PM – 6:00 PM |  College/Pro optional post recovery with STRIVE

### Friday

- 5:00 PM – 6:00 PM |  Speed, Strength & Recovery

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Still booking teams for summer training. Day and times will be posted on a separate schedule.