

How to achieve 10,000 shots this summer with RapidShot Hockey Training...

Training Plan:

4 months of training
50 training sessions
200 shots/session

Session #1 = **S1**, Session #2 = **S2**, etc...

SLAM YOUR COMPETITION!

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 S1: 200 shots	2	3 S2: 200 shots	4
5	6 S3: 200 shots	7	8 S4: 200 shots	9	10 S5: 200 shots	11
12	13 S6: 200 shots	14	15 S7: 200 shots	16	17 S8: 200 shots	18
19	20 S9: 200 shots	21	22 S10: 200 shots	23	24 S11: 200 shots	25
26	27 S12: 200 shots	28	29 S13: 200 shots	30	31 S14: 200 shots	

End of May running total: 2,800 shots

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 S15: 200 shots	4	5 S16: 200 shots	6	7 S17: 200 shots	8
9	10 S18: 200 shots	11	12 S19: 200 shots	13	14 S20: 200 shots	15
16	17 S21: 200 shots	18	19 S22: 200 shots	20	21 S23: 200 shots	22
23	24 S24: 200 shots	25	26 S25: 200 shots	27	28 S26: 200 shots	29
30						

End of June running total: 5,200 shots

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 OFF	2	3 OFF	4	5 OFF	6
7	8 S27: 200 shots	9	10 S28: 200 shots	11	12 S29: 200 shots	13
14	15 S30: 200 shots	16	17 S31: 200 shots	18	19 S32: 200 shots	20
21	22 S33: 200 shots	23	24 S34: 200 shots	25	26 S35: 200 shots	27
28	29 S36: 200 shots	30	31 S37: 200 shots			

End of July running total: 7,400 shots

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					S38: 200 shots	
4	5	6	7	8	9	10
	S39: 200 shots		S40: 200 shots		S41: 200 shots	
11	12	13	14	15	16	17
	S42: 200 shots		S43: 200 shots		S44: 200 shots	
18	19	20	21	22	23	24
	S45: 200 shots		S46: 200 shots		S47: 200 shots	
25	26	27	28	29	30	31
	S48: 200 shots		S49: 200 shots		S50: 200 shots	

End of August running total: 10,000 shots