Five-Day Fitness Plan

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--------|---------|-----------|----------|--------|
| Health- related | | | | | |
| Skill- related | | | | | |

Here is an example:

| | Tuesday |
|---------|---------------|
| Health- | Basketball |
| related | dribble drill |
| Skill- | Basketball |
| related | layups |

TVO Media Education Group