



4 Week Workload Management Calendar

Week 1

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Throwing	Off	Throwing	Low	Throwing	High	Throwing	Low	Throwing	Medium	Throwing	Low	Throwing	High
Lift	Off	Lift	Off	Lift	Yes	Lift	Off	Lift	Yes	Lift	Off	Lift	Yes
Mobility	Off	Mobility	Yes	Mobility	Off	Mobility	Yes	Mobility	Off	Mobility	Yes	Mobility	Off
Run	Off	Run	Off	Run	Off	Run	Off	Run	Sprint	Run	Off	Run	Off

Week 2

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Throwing	Off	Throwing	Low	Throwing	Medium	Throwing	Low	Throwing	High	Throwing	Low	Throwing	Medium
Lift	Off	Lift	Off	Lift	Yes	Lift	Off	Lift	Yes	Lift	Off	Lift	Yes
Mobility	Off	Mobility	Yes	Mobility	Off	Mobility	Yes	Mobility	Off	Mobility	Yes	Mobility	Off
Run	Off	Run	Off	Run	Sprint	Run	Off	Run	Off	Run	Off	Run	Sprint

Week 3

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Throwing	Off	Throwing	Low	Throwing	High	Throwing	Low	Throwing	Medium	Throwing	Low	Throwing	High
Lift	Off	Lift	Off	Lift	Yes	Lift	Off	Lift	Yes	Lift	Off	Lift	Yes
Mobility	Off	Mobility	Yes	Mobility	Off	Mobility	Yes	Mobility	Off	Mobility	Yes	Mobility	Off
Run	Off	Run	Off	Run	Off	Run	Off	Run	Sprint	Run	Off	Run	Off

Week 4

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Throwing	Off	Throwing	Low	Throwing	Medium	Throwing	Low	Throwing	High	Throwing	Low	Throwing	Medium
Lift	Off	Lift	Off	Lift	Yes	Lift	Off	Lift	Yes	Lift	Off	Lift	Yes
Mobility	Off	Mobility	Yes	Mobility	Off	Mobility	Yes	Mobility	Off	Mobility	Yes	Mobility	Off
Run	Off	Run	Off	Run	Sprint	Run	Off	Run	Off	Run	Off	Run	Sprint