



A TYPICAL DAY IN THE LIFE OF A COLLEGE ATHLETE

5:00 AM

WAKE-UP

6:00 AM

WEIGHTLIFTING OR CONDITIONING

7:00 AM

BREAKFAST

8:00 AM - 12:00 PM

CLASSES

12:00 PM

LUNCH

1:00 PM - 2:00 PM

STUDY HALL (SUPERVISED STUDY TIME)

2:30 PM - 3:00 PM

FILM SESSION (REVIEW GAME FOOTAGE)

3:00 PM - 5:00 PM

PRACTICE

5:30 PM

DINNER

7:00 PM - 10:00 PM

HOMEWORK, STUDYING, FREE TIME

10:00 PM

LIGHTS OUT

RECRUITING BLUEPRINT