10,000 Shot Club
Post Workout

		Freethrows	Mikan-Layups Both sides	Post Moves Middle/Baseline	Face up Shot fake, go rt/lft
WEEK 1 1,250 shots	Day 1	out of 100	out of 50	out of 50	out of 50
	Day 2	out of 100	out of 50	out of 50	out of 50
	Day 3	out of 100	out of 50	out of 50	out of 50
	Day 4	out of 100	out of 50	out of 50	out of 50
	Day 5	out of 100	out of 50	out of 50	out of 50
	Total	out of 500	out of 250	out of 250	out of 250
WEEK 2 1,250 shots	Day 1	out of 100	out of 50	out of 50	out of 50
	Day 2	out of 100	out of 50	out of 50	out of 50
	Day 3	out of 100	out of 50	out of 50	out of 50
	Day 4	out of 100	out of 50	out of 50	out of 50
	Day 5	out of 100	out of 50	out of 50	out of 50
	Total	out of 500	out of 250	out of 250	out of 250
WEEK 3 1,250 shots	Day 1	out of 100	out of 50	out of 50	out of 50
	Day 2	out of 100	out of 50	out of 50	out of 50
	Day 3	out of 100	out of 50	out of 50	out of 50
	Day 4	out of 100	out of 50	out of 50	out of 50
	Day 5	out of 100	out of 50	out of 50	out of 50
	Total	out of 500	out of 250	out of 250	out of 250
WEEK 4 1,250 shots	Day 1	out of 100	out of 50	out of 50	out of 50
	Day 2	out of 100	out of 50	out of 50	out of 50
	Day 3	out of 100	out of 50	out of 50	out of 50
	Day 4	out of 100	out of 50	out of 50	out of 50
	Day 5	out of 100	out of 50	out of 50	out of 50
	Total	out of 500	out of 250	out of 250	out of 250
WEEK 5 1,250 shots	Day 1	out of 100	out of 50	out of 50	out of 50
	Day 2	out of 100	out of 50	out of 50	out of 50
	Day 3	out of 100	out of 50	out of 50	out of 50
	Day 4	out of 100	out of 50	out of 50	out of 50
	Day 5	out of 100	out of 50	out of 50	out of 50
	Total	out of 500	out of 250	out of 250	out of 250
WEEK 6 1,250 shots	Day 1	out of 100	out of 50	out of 50	out of 50
	Day 2	out of 100	out of 50	out of 50	out of 50
	Day 3	out of 100	out of 50	out of 50	out of 50
	Day 4	out of 100	out of 50	out of 50	out of 50
	Day 5	out of 100	out of 50	out of 50	out of 50
	Total	out of 500	out of 250	out of 250	out of 250
WEEK 7 1,250 shots	Day 1	out of 100	out of 50	out of 50	out of 50
	Day 2	out of 100	out of 50	out of 50	out of 50
	Day 3	out of 100	out of 50	out of 50	out of 50
	Day 4	out of 100	out of 50	out of 50	out of 50
	Day 5	out of 100	out of 50	out of 50	out of 50
	Total	out of 500	out of 250	out of 250	out of 250
WEEK 8 1,250 shots	Day 1	out of 100	out of 50	out of 50	out of 50
	Day 2	out of 100	out of 50	out of 50	out of 50
	Day 3	out of 100	out of 50	out of 50	out of 50
	Day 4	out of 100	out of 50	out of 50	out of 50
	Day 5	out of 100	out of 50	out of 50	out of 50
	Total	out of 500	out of 250	out of 250	out of 250
Overall Total		out of 4000	out of 2000	out of 2000	out of 2000