10,000 Shot Club
Guard Workout

		Freethrows	Mikan-Layups		Jumpers	3 Pointers
			Floaters	Both sides	Inside 3 pt/Shot fakes	All areas of 3 pt line
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