

# Atlanta Colt Heat Acclimatization

Area of Practice Modification	Practices 1-6		
	Days 1-2	Days 3-4	Practices 5-6
# of Practices Permitted Per Day	1		
Equipment	Helmets Only	Helmets & Shoulder Pads	Full Pads (optional)
Maximum Duration of Single Practice Sessions	90 Minutes	2 hours	
Contact	No Contact		Full contact drills, maximum of 30 minutes per day (optional)