

## Y 2024 JH Practice Plans

### Thursday, May 15th

- League Meet @ North Baltimore!!
  - Bus leaves at 4:00 pm, or as soon as it gets back, please be ready by 3:45pm.
  - Throwers & vaulters need implements & poles
- Field events start at 4:30pm, 4x8 at 5:00pm, rest of running at 5:30pm
  - Open pit pole vault
  - Girls high jump, then boys
  - Boys shot put, then girls
  - Girls discus, then boys
  - Open pit long jump
- Admission is \$5
- Concessions & Kona Ice will be available
- T-shirt order form: [Order Form](#)
- Team Include:
  - Cory-Rawson, Elgin, Hardin Northern, Lima Perry, North Baltimore, Ridgedale, Ridgemont, Temple Christian, USV, and Waynesfield

### Wednesday, May 14th

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Premeet: blocks, handoffs, events
- Ice baths
- Cooldown: stretch

### Tuesday, May 13th

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Indian Run
- Obstacle course
- Events
- Cooldown: stretch

### Monday, May 12th - practice until 4:30pm

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Workout:
  - Throwers: 200m repeats x3, 100m repeats x2 = 800 meters
  - Sprints/Mid-Distance: 400m repeats x4, 200m repeats x2 = 2000 meters
- Cooldown: stretch

### Friday, May 9th

- Meet @ Hardin Northern Invitational

- Bus leaves at 4:00 pm, please be ready by 3:45 pm
- Field events start at 4:30pm, 4x8 at 5:00pm, rest of running at 5:30pm
  - Discus: boys then girls
  - High Jump: girls then boys
  - Pole Vault: girls then boys
  - Long jump: boys then girls
  - Shot: girls then boys
- Admission: \$5 adults, \$4 students
- Teams Include:
  - Arcadia, Arlington, Cory-Rawson, Hardin Northern, McComb, North Baltimore, Perry, Ridgemont, Riverdale, Temple Christian, Van Buren, USV, and Waynesfield-Goshen

### Thursday, May 8th

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Recovery Run
- Premeet: blocks, handoffs, events
- Cooldown: stretch

### Wednesday, May 7th

- Meet @ North Baltimore - Mixed Relays
  - Bus leaves at 3:05 pm, please be ready as soon as possible after school
  - Throwers & Vaulters need implements & poles
- Field events start at 4:30 pm, running starts at 5:15 pm
  - Girls discus first
  - Boys shot first
  - Girls high jump first
  - Open pit long jump
  - Open pit pole vault
- Teams Include:
  - Ada, North Baltimore, Northwest Ohio Classical Academy, Lima Perry, Ridgemont, and Waynesfield-Goshen

### Tuesday, May 6th - inside practice

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Recovery Run
- Premeet: blocks, handoffs, events
- Cooldown: stretch

### Monday, May 5th

- Meet @ Allen East
  - Bus leaves at 4:00pm, please be ready by 3:45pm

- Throwers & Vaulter need implements & poles
- Field events start at 4:30pm
- Teams Include:
  - Waynesfield-Goshen, Allen East, and Lima West

### **Saturday, May 3rd**

- Meet @ West Liberty Invitational
  - Bus leaves at 8:00am, please be to the school by 7:45am
  - Throwers & vaulters need implements & poles
- Field events start at 10:00 am, running starts at 10:45 am.
  - Discus - girls first, boys second
  - Shot Put - boys first, girls second
  - High Jump - girls first, boys second
  - Long Jump - boys (north pit) and girls (south pit) - (45 minute open pit)
  - Pole Vault - boys and girls
- Admission is \$8 for adults, \$6 for students
- Concessions are available
- Teams Include:
  - Anna, Miamisburg, Fairlawn, Northwestern, Johns Lutheran, West Liberty-Salem, and Waynesfield-Goshen

### **Friday, May 2nd**

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Recovery Run
- Premeet: blocks, handoffs, events
- Cooldown: stretch

### **Thursday, May 1st**

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Workout:
  - Throwers/Sprints: 400-300-200-100-50 x2 (No 400 or 300 for throwers)
  - Mid-Distance: broken 800 (500, 1:00 rest, 300) - 600 (400, 1:00 rest, 200) - 400 (300, 45 sec. rest, 100) - 200
  - Distance: broken 1600 (1200, 1:30 rest, 400) - 800 (500, 1:00 rest, 300) - 400 (300, 45 sec. rest, 100) - 200
- Cooldown: stretch

### **Wednesday, April 30th**

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Stretch Circuit/Recovery Run

- Downward dog, upward dog, child's pose, figure 4, scorpions, iron crosses, hurdle stretch, lunge 3-way rockers, hamstring stretch, down with R/L and L/R, side reach
- Events
- Cooldown: stretch

## **Tuesday, April 29th**

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Workout:
  - Throwers: 200m repeats x3, 100m repeats x2 = 800 meters
  - Sprints: 400m repeats x3, 200m repeats x2 = 1600 meters
  - Mid-Distance: 400m repeats x4, 200m repeats x2 = 2000 meters
- Cooldown: X and stretch

## **Monday, April 28th**

- Meet @ Home (Our Invitational)
  - Be at the track and ready for team warm-up by 4:15 pm
  - Field events start at 5:00 pm, running starts at 5:30 pm
    - Girls and boys long jump, separate pits
    - Girls and boys high jump, separate mats
    - Girls and boys pole vault together
    - Girls shot put first, boys follow
    - Boys discus first, girls follow
- Teams Include:
  - Riverside, USV, and Waynesfield-Goshen

## **Friday, April 25th**

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Recovery run/stretch circuit
- Pre-meet:
  - Handoffs, blocks, events
- Cooldown: stretch

After practice we will help work the high school invitational meet!

## **Thursday, April 24th**

- Meet @ Ada Invitational
  - Bus leaves at 4:00pm, please be ready by 3:45pm
  - Throwers & vaulter need implements & pole
- Field events & 4x8 will start at 4:30pm
  - Girls pole vault outside the fence on our red mat
  - Boys pole vault inside the fence on our purple mat

- Boys and girls high jump on our purple mats outside of the fence
- Boys long jump outside the fence (open pit - 4 attempts)
- Girls long jump inside the fence (open pit - 4 attempts)
- Shot Put - Boys first girls second
- Discus - Girls first boys second
- Running events start at 5:30pm
- Admission is \$5 for adults, \$3 for students
- Concessions are available, no food on the infield!
- Teams Include;
  - Ada, Arcadia, Bluffton, Calvary Christian, Cory-Rawson, Fostoria, Hardin Northern, North Baltimore, Perry, Ridgedale, Temple Christian, Upper Scioto Valley, Vanlue, and Waynesfield-Goshen

### **Wednesday, April 23rd**

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Recovery run/stretch circuit
- Pre-meet:
  - Handoffs, blocks, events
- Cooldown: stretch

### **Tuesday, April 22nd**

- Meet at Home
  - Please stay after school and be ready by 3:30pm so we can work on events and handoffs
  - Field events start at 5:00pm, running events start at 5:30pm
- Teams Include:
  - Waynesfield-Goshen, Kenton, Hardin Northern, and North Baltimore

### **Thursday, Friday, Monday - no practice**

### **Wednesday, April 16th**

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Recovery run/ stretch circuit
- Cooldown: X and stretch

### **Tuesday, April 15th**

- Meet at Home
  - Please be out at the track ready to warm up by 4:15pm.
    - You can stay after school if you want/need to, but you need to be in Miss Hennon's room or the locker room, no wandering the halls.
  - Field events start at 5:00 pm, running events start at 5:30pm.
- Teams Include:

- Waynesfield-Goshen, Hardin Northern, and Ridgemont

### **Monday, April 14th**

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Recovery run/stretch circuit
- Pre-meet:
  - Handoffs, blocks, events
- Cooldown: stretch

### **Saturday, April 12th**

- Meet at Fort Loramie Invitational
  - Bus leaves at 7:15 am, please be to the school by 7:00 am.
  - Throwers & Vaulters need to get implements & poles
- Field events will start at 9:30 am, running starts at 10:30 am
  - Girls Long Jump → North Pit / Boys Long Jump → South Pit
  - Girls Pole Vault first, boys after
  - Girls Shot Put first, boys after
  - Girls High Jump → East Pit / Boys High Jump → West Pit
  - Boys Discus first, girls after
- Admission is \$5 adults, \$4 students & Concession stand will be available
- Teams Include;
  - Delphos St. John, Houston, Fort Loramie, Lehman, Marion Local, Miami East, Minster, New Bremen, Russia, Troy Christian, and Waynesfield-Goshen

### **Friday, April 11th**

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Pre-meet:
  - Handoffs, blocks, events
- Cooldown: stretch

### **Thursday, April 10th**

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Stretch Circuit
  - Downward dog, upward dog, child's pose, figure 4, scorpions, iron crosses, hurdle stretch, lunge 3 way rockers, hamstring stretch, down with R/L and L/R, side reach
- Recovery run
- Events/handoffs/blocks
- Cooldown: stretch

### **Wednesday, April 9th**

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Workout:
  - Throwers: 200m repeats x3, 100m repeats x2 = 800 meters
  - Sprints: 400m repeats x3, 200m repeats x2 = 1600 meters
  - Mid-Distance: 400m repeats x4, 200m repeats x2 = 2000 meters
- Cooldown: X and stretch

**Tuesday, April 8th** - No practice

**Monday, April 7th**

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Pre-meet:
  - Handoffs, blocks, events
  - Those not in field events can do a 10-15 minute recovery run
- Cooldown: stretch

**Saturday, April 5th**

- Work the high school home meet
  - Be at the school at 11:30 am, meet by the back of the concession stand.

**Friday, April 4th** - **NO PRACTICE!!**

**Thursday, April 3rd** - outside

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Workout:
  - Throwers/Sprints: 400-300-200-100-50 x2 (No 400 or 300 for throwers)
  - Mid-Distance: broken 800 (500, 1:00 rest, 300) - 600 (400, 1:00 rest, 200) - 400 (300, 45 sec. rest, 100) - 200
  - Distance: broken 1600 (1200, 1:30 rest, 400) - 800 (500, 1:00 rest, 300) - 400 (300, 45 sec. rest, 100) - 200
- Cooldown: X or lap & stretch

**Wednesday, April 2nd** - outside if it's not raining

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Pre-meet:
  - Handoffs, blocks, events
  - Those not in field events can do a 10-15 minute recovery run
- Cooldown: stretch

**Tuesday, April 1st** - outside

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Go over meet

- Stretch/Roll out
- Events/blocks/handoffs
- Cooldown: stretch

### **Monday, March 31st - First Meet**

- Meet Day!
  - Please be out at the track ready to warm up by 3:45 pm.
    - You can stay after school if you want/need to, but you need to be in Miss Hennon's room or the locker room, no wandering the halls.
    - I will pass out jerseys before the meet, you need to have blue shorts/spandex.
  - Field events start at 4:30 pm, running events start at 5:00 pm.
- Teams Include:
  - Waynesfield-Goshen, Bath, Jackson Center, and Ottoville

### **Friday, March 28th - outside unless it is raining**

- Warm-up: 1 lap, leg swings, agilities, skips, accelerations, water break
- Pre-meet:
  - Handoffs, blocks, events
- Weight room
- Cooldown: stretch

### **Thursday, March 27th - outside**

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Stretch Tallahassee
  - Downward dog, upward dog, child's pose, figure 4, scorpions, iron crosses, hurdle stretch, lunge 3 way rockers, hamstring stretch, down with R/L and L/R, side reach
- Events/Blocks/Handoffs
- Cooldown: stretch

### **Wednesday, March 26th - outside (line-up is posted)**

- Warm-up: 1 lap, leg swings, agilities, skips, accelerations, water break
- Workout:
  - Throwers: 200m repeats x3, 100m repeats x2 = 800 meters
  - Sprints: 400m repeats x3, 200m repeats x2 = 1600 meters
  - Mid-Distance: 400m repeats x4, 200m repeats x2 = 2000 meters
- Weight room at 4:15
- Cooldown: stretch & roll out

### **Tuesday, March 25th - outside**

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- 15 Recovery Run
- Event Work
- Cooldown: stretch

#### **Monday, March 24th** - outside dress warm

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Workout:
  - Sprints: 100-200-300-400-300-200-100 = 1600
  - Mid-Distance: 200-400-600-800-400-200 = 2600
- Weight room at 4:15
- Cooldown: stretch & roll out

#### **Friday, March 21st** - outside

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Handoffs in exchange zones
- Weight room at 4
- Cooldown: stretch & roll out

#### **Thursday, March 20th** - inside practice

- Warm-up: with high school
- Circuit:
  - 1 min. jumping jacks, 30 sec. plank, 30 sec. Russian twists, 1 min. burpees, 30 sec. superman, 30 sec. bicycle, 1 min. squat jumps, 30 sec. spider walks, 30 sec. penguins, 1 min. mountain climbers, 30 sec. lunge jumps, 30 sec. push-ups, 1 min. ski/sled jumps, 30 sec. crunches, 30 sec. high knees
- Handoffs/Relays
- Cooldown: stretch

#### **Wednesday, March 19th** - outside

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- 15 min. recovery run (you may bring headphones to listen to music if you would like to)
- Events/Blocks/Handoffs
- Cooldown: X across football field & stretch

#### **Tuesday, March 18th** - outside

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Abs circuit: 8 workouts x 30 sec. on/ 30 sec. Off
  - Scissors, feet-up crunches, penguins, front plank, Russian twist, superman, suns-out-guns-out, bicycles
- Workout:

- Throwers: 200m repeats x3, 100m repeats x2 = 800 meters
- Sprints: 400m repeats x3, 200m repeats x2 = 1600 meters
- Mid-Distance: 400m repeats x4, 200m repeats x2 = 2000 meters
- Cooldown: X across football field & stretch

**Monday, March 17th** - plan for outside, unless it starts raining

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Blocks & Events
- Weight room at 4:15
- Cooldown: stretch & roll out

**Friday, March 14th** - no practice

**Thursday, March 13th** - outside

- Warm-up: 1 lap, leg swings, 1 lap, hurdle mobility, agilities, skips, accelerations, water break
- Workout: Tallahassee (30 second exercise with acceleration between)
  - Lunge jumps, crunches, push-ups, inch worms, squat jumps, plank, burpees, scissors, mountain climbers, bicycles
- Block starts
- Event practice OR weight room (dependent on how well you want to work today)
- Cooldown: X across football field & stretch

**Wednesday, March 12th**

- Pass out uniforms for pictures

**Tuesday, March 11th**

- Warm-up: 1 lap, leg swings, agilities, skips, accelerations, water break
- Workout:
  - Sprints: 100-200-300-400-300-200-100 = 1600
  - Mid-Distance: 200-400-600-800-400-200 = 2600
- Weight room at 4:15
- Cooldown: stretch & roll out

**Monday, March 10th** - outside

- Warm-up: 1 lap, leg swings, agilities, skips, accelerations, water break
- Help put out hurdles & equipment
- Indian run
- Cooldown: stretch & roll out

**Friday, March 7th** - No Practice!

**Thursday, March 6th** - inside

- Warm-up: 2 laps, leg swings, agilities, skips, water break
- Relays
- High school workout

#### **Wednesday, March 5th** - inside

- Practice with high school
- Weight room at 4:15
- Cooldown: stretch & roll out

#### **Tuesday, March 4th** - outside

- Warm-up: 2 laps, leg swings, agilities, skips, accelerations, water break
- Ladder with walk back recovery
  - 30-50-70-90-100-80-60-40-20 x2
- Weight room at 4:15
- Cooldown: stretch & roll out

#### **Monday, March 3rd** - outside

- Warm-up: 2 laps, leg swings, 1 lap, agilities, skips, accelerations, water break
- 200 meter repeats x4
- Weight room at 4:15
- Cooldown: stretch & roll out

#### **Friday, February 28th**

- Warm-up: 5 min. jog, leg swings, agilities, skips, accelerations, water break
- Handoffs/relays
- Weight room at 4:00
- Cooldown: stretch & roll out

#### **Thursday, February 27th** - inside practice

- Warm-up: 5 min jog, leg swings, 2 min jog, agilities, skips, accelerations, water break
- 15 min. recovery run (you may bring headphones to listen to music if you would like to)
- Stretch/Ab Circuit
- Handoffs
- Cooldown: 3 min. easy jog, static stretching, roll out

#### **Wednesday, February 26th**

- Warm-up: 5 min jog, leg swings, 2 min jog, agilities, skips, accelerations, water break
- Ladder: 2-4-2 (laps inside)
- Weight room at 4:15
- Cooldown: stretch & roll out

#### **Tuesday, February 25th**

- Warm-up: 1 lap, leg swings, 1 lap, agilities, skips, accelerations, water break
- Tallahassee Stretch Circuit (1 min. exercises with jogging between)
  - Donkey kicks, scorpions, lunge jumps, iron crosses, standing hamstring stretch, fire hydrant, side to side line jumps, front/back line jumps
- Indian Run
- Cooldown: 1 lap easy jog & static stretching, roll out

### **Monday, February 24th - First Day of Practice!**

- Please meet in Miss Hennon's classroom after school.
  - Introductions, contact information, physicals, go over schedule & what to pack, explain JH webpage, goal & event activity.
- Warm-up: 5 min. jog, leg swings, 2 min jog. agilities, skips, accelerations
- Circuit:
  - 1 min. jumping jacks, 30 sec. plank, 30 sec. Russian twists, 1 min. burpees, 30 sec. superman, 30 sec. bicycle, 1 min. squat jumps, 30 sec. spider walks, 30 sec. penguins, 1 min. mountain climbers, 30 sec. lunge jumps, 30 sec. push-ups, 1 min. ski/sled jumps, 30 sec. crunches, 30 sec. high knees
  - Water break, then round #2
- Cooldown: 2 min jog & static stretching