



### EHS Boys TF Winter Captain's Speed and Power Training History

2021	<a href="#">+ EdinaT&amp;F 2021 Captains Winter Sprint Practice Rankings</a>	<a href="#">+ EdinaT&amp;F 2021 Captains' Winter Lactate Data</a>
2022	<a href="#">+ EdinaT&amp;F 2022 Captains Winter Sprint Practice Rankings</a>	