



### Tigard Sprints/Hurdles

**Week 12**  
**May 12 - 18**

#### Monday, May 12

**4:05pm – Meet at track stadium**

**Team warmup**

**Hurdles: Sprint Warm Up**

- **W/U** - Lead/Trail on Fence, Hurdle Stretch w/ Bands
- **Drills** - Lead/Trail 8 Hurdle x 4
- **Tempo** - Lead=Trail 4x4s x 8 @ true Hurdle Height
- **Full Speed** - Starts - Hurdles 1-4 (Str8) 1-3 (Long)
- **Speed Endurance** - None

#### Tuesday, May 13 - Final home meet @ Tigard

**3pm - Released from class**

**3:20pm - Team warmup**

**4pm - Field Events & Novice 100m start**

[Rolling schedule](#)

[Entries](#)

#### Wednesday, May 14

**4:05pm – Meet at track stadium**

**Team warmup**

**Hurdles: Sprint Warm Up**

**Varsity - Sprint W/O +**

- **W/U** - Lead/Trail on Fence, Hurdle Stretch w/ Bands
- **Drills** - Lead/Trail 8 Hurdle x 4
- **Tempo** - Lead=Trail 4x4s x 8 @ true Hurdle Height
- **Full Speed** - NONE
- **Speed Endurance** - NONE

**JV -**

- **W/U** - Lead/Trail on Fence, Hurdle Stretch w/ Bands
- **Drills** - Lead/Trail 8 Hurdle x 4
- **Tempo** - Lead=Trail 4x4s x 8 @ true Hurdle Height
- **Full Speed** - NONE
- **Speed Endurance** - Full Trips - Str8 & Long

#### Thursday, May 15

**4:05pm – Meet at track stadium**

**Team warmup**

**Varsity - Sprint W/O +**

- **W/U** - Lead/Trail on Fence, Hurdle Stretch w/ Bands
- **Drills** - Lead/Trail 8 Hurdle x 4
- **Tempo** - Lead=Trail 4x4s x 8 @ true Hurdle Height
- **Full Speed** - NONE
- **Speed Endurance** - NONE

**JV -**

- **W/U** - Lead/Trail on Fence, Hurdle Stretch w/ Bands
- **Drills** - Lead/Trail 8 Hurdle x 4
- **Tempo** - Lead=Trail 4x4s x 8 @ true Hurdle Height
- **Full Speed** - Starts - Hurdles 1-4 (Str8) 1-3 (Long)
- **Speed Endurance** - NONE

### **Friday, May 16 - JV Districts @ Pioneer Memorial Stadium**

**12:15pm - Released from class**

**12:30pm - Bus Departs**

**2:00pm - Track events begin**

**2:30pm - Field events begin**

**[Schedule of Events](#)**

**[Entries](#)**

### **Saturday, May 17**

**Easy Day OYO**

### **Sunday, May 18**

**Rest Day**

**“The only way to define your limits is by going beyond them.”**

**– Arthur C. Clarke**