

## **Feb. 3rd-8th Workout Schedule**

**MONDAY:** Practice 5:30pm-7:30pm In FH

*Dynamic Warm Up with 2 lap jog*

- Distance:
- Sprints/Jumps/Hurdles:
  - 2x 300 (80%) 3 min rest and 3x200 (80%) 2 min
  - Mini Hurdles/Wall Drills/Shins
  - Hurdles 4:30-5:15
- Pole Vault: After team warm-up & workout

**TUESDAY:** Practice 3:30-5:30 PM (FH/WR) **UNIFORM HAND OUT**

*Hurdle Mobility Warm up w/ 1 lap jog*

- Distance:
- Sprints/Jumps/Hurdles: 3:30-4:30 FH
  - Block Starts 4x40m
  - Mini Hurdles
  - WR: Plyo (LJ/TJ stay in FH?)
- Pole Vault:

**WEDNESDAY:** Practice 3:30-5:30pm in FH

*Hurdle Mobility Warm Up with 1 lap jog Uniform Hand out*

- Distance:
- Sprints/Jumps/Hurdles:
  - Mini Bands Circuit/ Plyo/Med Ball
- Pole Vault:
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**THURSDAY:** Practice 5:30-7:00 am in FH (Sprinters/Jumpers)

*Dynamic Warm Up with 1 lap jog*

- Distance:
- Sprints/Jumps/Hurdles:
  - 3 x 40m Block Starts
  - 2 x 320m Relays (80m each practice hand off)
  - HJ
- Pole Vault
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**FRIDAY:** Practice 3:30-5:30 pm in the FH (Fundraising On Boarding)

*Hurdle Mobility Warm up w/ 1 lap jog*

- Distance
- Sprints/Jumps/Hurdles: Pre Meet (most athletes done at 4:30)
  - High Jump
  - LJ/TJ
- Pole Vault: .

**SATURDAY:** Black and Gold Meet at 9:00(Field Events) Running Events begin at 10:00 am in Field House

- Be at school by 8:00am to begin warming up.
- Parent Meeting begin after meet is concluded.