

CHS Indoor Track & Field

Coach Murphy (aka Coach Wit) trmurphy@aacps.org

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 Girls Meeting 2:10pm Rm 215	11 Weights & Core	12 Sprinter: 20 min Distance: 30 min Boys Meeting 2:10pm Rm 215	13 RUN Weights & Core	14 RUN Timed Mile	15 RUN
16 Core	17 Dynamic Stretching Sprinter: 20 min Distance: 30 min Static Stretching	18 RUN Weights & Core	19 1 mile warm up Sprint: 4x200m Distance: 4x800m 1 mile cool down	20 RUN Weights & Core	21 Dynamic Stretching Sprinter: 20 min Distance: 30 min Static Stretching	22 RUN
23 Core	24 Dynamic Stretching Sprinter: 25 min Distance: 35 min Static Stretching	25 RUN Weights & Core	26 1 mile warm up Sprint: 8x100m Distance: 8x400m 1 mile cool down	27 RUN Weights & Core	28 Timed Mile	29 RUN
30 Core	31 Dynamic Stretching Sprinter: 30 min Distance: 40 min Static Stretching					

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 RUN Weights & Core	2 1 mile warm up Sprint: 6x300m Distance: 3x1200m 1 mile cool down	3 RUN Weights & Core	4 Dynamic Stretching Sprinter: 30 min Distance: 40 min Static Stretching	5 RUN
6 Core	7 Dynamic Stretching Sprinter: 35 min Distance: 45 min Static Stretching	8 RUN Weights & Core	9 1 mile warm up Sprint: 4x400m Distance: 2x1600m 1 mile cool down	10 RUN Weights & Core Paperwork Collection 6pm-8pm Cafeteria	11 Timed Mile	12 RUN
13 Core	14 Shake Out: Dynamic Stretching 20 minute run Static Stretching	15 TRACK 1st Day of Indoor Track Tryouts 2:30-4:30pm	16 TRACK Tryouts 3-5pm	17 TRACK Tryouts 2:30-4:30pm	18 TRACK Tryouts 2:30-4:30pm Team Selection 4:30pm Cafeteria	19 TRACK Practice 9-11am