

03/06	03/07	03/08	03/09	03/10
Distance  Road Run 40 minutes  5- 300	Distance  1 mile- jog/increases  3- 600	Team circuit	Distance  Road Run 40 minutes  3-1000 1-800	Distance  No practice  40-60 minutes Friday & Saturday
Javelin  Jav Flexibility  Teaching grips  Throwing tech.  Pics  Standing throws  1 Step throw  3 step throw	Javelin  Track work-  Crossovers 20mx4  No jav- approach w/crossovers  Finish drills		Javelin  Jav Flex  1 step throws  Walking 3 step  3 step throw  5 step throw  7 step throw	Work approach & Crossover drills