

March 18th	March 19th	March 20th	March 21st	March 22nd
Distance- 3200 race pace Road Run- 30 minutes	Distance- Warm up mile 4x400 Road Run- 30 minutes	Distance- Warm up mile Hand offs 4x800 Road run 30 minutes	McDonald County Meet	Road run- 40 minutes
Javelin Work crossovers with shoulders back Penultimate step with block	Javelin- Crossovers Picks Positions	Javelin- Fence drill Cone drill	McDonald County Meet	Crossovers