

'Feb 27-March 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up</p> <p>Test Shot Put Throw</p> <p>Standing long jump</p> <p>Flying 30 second</p> <p>Abs</p> <p>Cool Down</p>	<p>Warm-up</p> <p>Testing Marker Test 40 second test B and G</p> <p>PV out/ Throws clean Pitt Event Work</p> <p>Hip Circuit</p> <p>Cool Down</p>	<p>Warm-up</p> <p>Team Activity/circuit</p> <p>Events</p> <p>Team Bonding</p>	<p>Warm-up Speed</p> <p>Event work</p> <p>Bonds 2x10 pogos 4x Dbl Leg Bounds 2x R/L Bounds</p> <p>2x20 over wickets 2x2 25m WT sprint 3x2 25m Falling Sprint</p> <p>Abs</p> <p>Cool Down</p>	<p>Warm-up Tempo</p> <p>4x150 Hill sprints 6-8 minute rest</p> <p>Event work</p> <p>Hip Circuit Cool Down</p>	<p>20-30 minute of steady state activity Walk, Jog, basketball, pickleball</p> <p>Get the heart rate up.</p>

March 6th-11th

Volume 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Speed</p> <p>warm-up</p> <p>Event work</p> <p>Bonds 4 x 20 yard Dbl Leg Bounds 2x 20 yardsR/L Bounds Alt bounds x2 R-R-L-R x2</p> <p>3x20 over wickets 2x3 25m WT sprint 3x3 25m Block starts</p> <p><b>Relays</b> 4x20 M HO R/G</p> <p>Abs</p> <p>Cool Down</p>	<p>Tempo</p> <p>Warm-up</p> <p><b>200</b> 5x90 Curve w/ Wickets</p> <p>5-6 minute rest</p> <p><b>400</b> 5x140 Curve w/ Wickets</p> <p>6-8 minute rest</p> <p>Hip Circuit Cool down</p>	<p>Rest</p> <p>Event work</p> <p>Circuit Low Explosions High HR</p> <p>Mobility Hurdles</p>	<p>Speed</p> <p>Warm up</p> <p>Event work</p> <p>Med ball Explosions forward 2x8 Backwards 2x8 Forward off box 2x8</p> <p>2x20 over wickets 2x3 15m wt Sprint (acceleration)</p> <p>6x35m Drive phase (Acceleration)</p> <p><b>Relays</b> 4x20 M HO R/G</p>	<p>Tempo</p> <p>Warm up</p> <p><b>200</b> 3x150 Race Pace 1x100 Max</p> <p>5-6 minute rest</p> <p><b>400</b> 3x200 Race pace 1x200 Race pace</p> <p>6-8 minute rest</p> <p>Hip Circuit Cool down</p>	<p>20-30 minute of steady state activity Walk, Jog, basketball, pickleball</p> <p>Get the heart rate up.</p>
Hurdles all sprints over hurdles			Hurdlers all sprints over hurdles		

March 13-17th

Volume 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Speed</p> <p>Warm up</p> <p>Event work</p> <p>2x10 Pogos</p> <p>2x10H Static</p> <p>2x10H Dynamic (Hurdle hops start with depth jump)</p> <p>Hill sprints</p> <p>Flat to incline</p> <p>3x3 30 meters</p> <p>3x40 block sprints</p> <p>Relays</p> <p>2x 4x60 meter relay</p> <p>Intro 4x2 handoffs</p>	<p>Tempo</p> <p>Warm up</p> <p><b>200</b></p> <p>3x150 splits</p> <p>75/75</p> <p>5-6 minute rest</p> <p><b>400</b></p> <p>4x220</p> <p>6-8 minute rest</p> <p>23-24 Boys</p> <p>28-29 Girls</p> <p>Hip Circuit</p> <p>Cool down</p>	<p>Rest</p> <p>Event work</p> <p>Circuit</p> <p>Low Explosions</p> <p>High HR</p> <p>Mobility Hurdles</p>	<p>Speed</p> <p>Warm up</p> <p>Event work</p> <p>Med ball</p> <p>Explosions</p> <p>forward 2x8</p> <p>Backwards 2x8</p> <p>Forward off box</p> <p>2x8</p> <p>2x20 over wickets</p> <p>2x3 15m wt Sprint (acceleration)</p> <p>6x35m Drive phase (Acceleration)</p> <p><b>Relays</b></p> <p>4x20 M HO R/G</p>	<p>Tempo</p> <p>Warm up</p> <p><b>200</b></p> <p>3x200 split</p> <p>150/50</p> <p>5-6 minute rest</p> <p><b>400</b></p> <p>3x300 splits</p> <p>200/100</p> <p>6-8 minute rest</p> <p>Hip Circuit</p> <p>Cool down</p>	<p>20-30 minute of steady state activity</p> <p>Walk, Jog, basketball, pickleball</p> <p>Get the heart rate up.</p>
Hurdlers all sprints over hurdles			Hurdlers all sprints over hurdles		

March 20-24th

Volume 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tempo</p> <p>Warm up</p> <p><b>200</b> 3x200 splits 150/50 3-4 minutes</p> <p><b>400</b> 3x300 splits 200/100 6-8 minute rest</p> <p>Event work</p> <p>Hip Circuit</p> <p>Cool down</p>	<p>Speed</p> <p>Warm up</p> <p>Event work</p> <p>2x10 Pogos 2x10H Static 2x10H Dynamic (Hurdle hops start with depth jump)</p> <p>Hill sprints Flat to incline 3x3 30 meters 3x40 block sprints</p> <p>Relays 2x 4x60 meter relay Intro 4x2 handoffs</p>	<p>Meet Prep!</p>	<p>M E E T  D A Y  M A C  C O U N T Y</p>	<p>Event work</p> <p>Fun Activity/Circuit</p>	<p>20-30 minute of steady state activity Walk, Jog, basketball, pickleball</p> <p>Get the heart rate up.</p>

March 27th-March 31st

Volume 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					20-30 minute of steady state activity Walk, Jog, basketball, pickleball  Get the heart rate up.

April 3rd- April 7th

Volume 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					20-30 minute of steady state activity Walk, Jog, basketball, pickleball  Get the heart rate up.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



