

March 13th-17th Distance & Javelin

Monday	Tuesday	Wednesday	Thursday	Friday
Road Run (inside stair laps) Javelin- Crossovers Approach Penultimate step	Mile warm up 5x40sec. 20 min. Road run Javelin- Jav Flexibility Pics- meet Full throws x5	Pictures	Road Run 2x800 Javelin- Crossovers Approach work Med balls	Timed Event Road Run Javelin- Jav Flexibility Full throws x 3