

## Distance & Jav

Warm up  Road Run- 30 minutes  2x300 2x200  Jav Flex  Approach  Pics  Full throw-2	Warm up  Starts Hand offs  Jav- Crossovers	Meet Day	Warm up  Road Run- 30 minutes  Approach- Med ball throws	Warm up  400-600-800 600-400  Road Run  Jav- crossovers, 3 step throws 5 step throws	30-40 minute road run
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