

Monett Track wk 1 Feb 25-1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up Cubs Sprint Tech</p> <p>Timed 100, 200 and 400</p> <p>PV Pole Drops OTT Drill into pit Jump day 4-5 step</p> <p>HJ Circle runs Approach and Jump</p> <p>Hurdles Tech drills Walking and wall drills</p> <p>Cool Down Hip Circuit Core</p>	<p>Warm-up Gold Warm-up Sprint Tech</p> <p>PV & HJ Approach work on track</p> <p>Hurdles Tech Drills 1x1 1x2 2x3 2x5 1x8</p> <p>Workout Hand offs 4x20 Blocks 4x30 Abs</p> <p>Cool down Core</p>	<p>Warm-up Cubs Sprint Tech</p> <p>PV Pole Drops 4-5 Step jumps</p> <p>High Jump 4-5 ramp Jumps 4-5 Full Jumps</p> <p>Hurdles Waling and Tech Drills</p> <p>8x200 85% 2 min rest 300 H over Hurdles</p> <p>Cool down Core Team bonding</p>	<p>Warm-up Cubs Warm-up Sprint Tech</p> <p>Hurdles Walks 6-8 striders</p> <p>Cool out</p>	<p>Track Meet</p> <p>Get after It!!!!</p>	<p>Warm-up 10-20 minute jog or 20-30 minutes active "play" Example: Basketball, volleyball, hike, football...</p>
<p>BTW I am having a BOY!!!!</p>					

