

Monett Track wk 1 Feb 25-1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up Cubs Sprint Tech</p> <p>100-200 8x200 Descending time and rest.</p> <p>400 500-400-300-400- 500</p> <p>8 mintues + rest</p>	<p>Warm-up Gold Warm-up Sprint Tech</p> <p>PV & HJ Jump Dat</p> <p>Hurdles Tech Drills 1x1 1x2 2x3 2x5 1x8</p> <p>Workout Hand offs 4x20 Blocks 6x50 3 mins Rest Abs</p> <p>Cool down Core</p>	<p>Warm-up Cubs Sprint Tech</p> <p>GIRLS SHAKE OUT</p> <p>PV Pole Drops 4-5 Step jumps</p> <p>High Jump 4-5 ramp Jumps 4-5 Full Jumps</p> <p>10x200 29-30 2 min rest</p> <p>Cool down Core Team bonding</p>	<p>Warm-up Cubs Warm-up Sprint Tech</p> <p>GIRLS NIGHT OUT</p> <p>BOYS SHAKE OUT Cool out</p>	<p>BOYS NIGHT OUT</p> <p>GIRLS Cubs Warm up Hurdle walks Striders</p>	<p>Warm-up 10-20 minute jog or 20-30 minutes active "play" Example: Basketball, volleyball, hike, football...</p>