

Monett Track wk 1 Feb 25-1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up Cubs Sprint Tech</p> <p>200-150-100-50 x2</p> <p>6 minutes + rest</p>	<p>Warm-up Gold Warm-up Sprint Tech</p> <p>JV TRACK MEET @ PC</p> <p>PV & HJ Jump Dat</p> <p>Hurdles Tech Drills 1x1 1x2 2x3 2x5 1x8</p> <p>Workout Hand offs 4x20 90m in & out x 3 3 mins Rest Abs</p> <p>Cool down Core</p>	<p>Warm-up Cubs Sprint Tech</p> <p>PV Pole runs</p> <p>HJ Approaches and Circle runs</p> <p>Hurdle walks Striders</p> <p>Cool down Core Team bonding</p>	<p>Lamar Track Meet</p>	<p>No Practice</p>	<p>Warm-up 10-20 minute jog or 20-30 minutes active "play" Example: Basketball, volleyball, hike, football...</p>