

'Feb 27-March 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up</p> <p>Test Shot Put Throw</p> <p>Standing long jump</p> <p>Flying 30 second</p> <p>Abs</p> <p>Cool Down</p>	<p>Warm-up</p> <p>Testing Marker Test 40 second test B and G</p> <p>PV out/ Throws clean Pitt Event Work</p> <p>Hip Circuit</p> <p>Cool Down</p>	<p>Warm-up</p> <p>Team Activity/circuit</p> <p>Events</p> <p>Team Bonding</p>	<p>Warm-up Speed</p> <p>Event work</p> <p>Bonds 2x10 pogos 4x Dbl Leg Bounds 2x R/L Bounds</p> <p>2x20 over wickets 2x2 25m WT sprint 3x2 25m Falling Sprint</p> <p>Abs</p> <p>Cool Down</p>	<p>Warm-up Tempo</p> <p>4x150 Hill sprints 6-8 minute rest</p> <p>Event work</p> <p>Hip Circuit Cool Down</p>	