

# Mon

**Jan 26**

**No Practice  
School Closed**

**Core Work  
&  
Mobility**



# Tues

**Jan 27**

**All  
3:45-5:30**

**Sprinters:  
Resisted Accel  
& Handoffs  
Bring Spikes!**



# Wed

**Jan 28**

**3:30-5:15  
(Distance)  
6:15am Inside**

**Field Events  
Hurdles  
Plyos  
Event Spikes**



# Thur

**Jan 29**

**3:45-5:30  
Distance @Leita  
4:00-5:30**

**Car Poster Photo  
3:30 (varsity)  
Bring Spikes**



# Fri

**Jan 30**

**3:45-5:15  
(Distance)  
6:15am Inside**

**Field Events  
Hurdles  
Plyos  
Spikes**

