

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

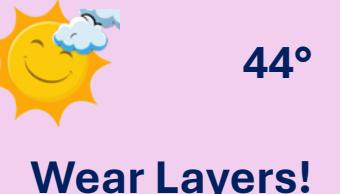


Thur

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

