

Must have physical in parentvue to participate

Pope Track & Field

MON.
JAN
5

No School
No Conditioning
10 days from Kickoff

TUES.
JAN
6

1st day back!
No Conditioning
Strength Training in class
9 days from Kickoff

WED.
JAN
7

No Conditioning
Strength Training in class
8 days from Kickoff

THURS.
JAN
8

Sprint Conditioning
3:45-4:45
Strength Training in class
1 week from Kickoff

FRI.
JAN
9

No Conditioning
5th Period Weights
6 days from Kickoff



3%

69°



50°

