**February 10-14th**

**Monday 10th**

Warm ups and flexibility

Big boys 4x350 descending from 60 with 6min recovery jog/jumpers do half and go to event

Need to see pole vaulting tomorrow

Jason’s group 3X600 @:95 with :65 first quarter then hard 200 @ :30 6min jog between repeats

Finish with hurdle stretches for all

**Tuesday 11th**

Warm ups and flexibility

Big boys relay groups handoffs /starts for those not doing field

Need to see long and triple jumps

Jason’s group HC and back 6X150 finishers

Finish with hurdle stretches for all

**Wednesday 12th**

Warm ups and flexibility

Big boys relay groups handoffs /starts for those not doing field

Need to see pole vaulting tomorrow

Need to see long and triple jumps then 8minute walk jog

Jason’s group 2X(3x200) descending from :35, :30, :26 then 8minute walk jog/ repeat cycle

Finish with hurdle stretches for all

**Thursday Tri Meet after school start at 5 done by 7pm**

**Friday**

Warm ups and flexibility

Jason’s group HC and back 6X150 finishers

All field events

Lite jog and stretch

**Saturday 8:30 to 11 am individual and field events**