**February 17-22nd**

**Monday 17th**

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

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

Finish with hurdle stretches for all

**Tuesday 18th**

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 19th**

Warm ups and flexibility

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

Need to see pole vaulting

Need to see long and triple jumps

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

Finish with hurdle stretches for all

**Thursday**

Warm ups and flexibility

Jason’s group HC and back 6X150 finishers/ Prep for Chap Relays

All field events

Lite jog and stretch

**Friday clean up and finish un finished business for Chap Relays**

**Saturday Chap Relays see posted schedule**