



2019 IRONDALE TRACK



Monday April 22nd

Track Practice

- 3:30-Warm-up at the track
- 3:40-Coaches Meeting
- 3:50-Workout with team
- 4:50-Team Core workout

Tuesday April 23rd

Knuttilla Open Meet

- 3:30- Warm-up on the track
- 4:00- Meet starts at Irondale
- 7:00- Meet Ends at Irondale

Wednesday April 24th

Track Practice

- 3:30-Warm-up at the track
- 3:40-Coaches Meeting
- 3:50-Workout with team
- 4:50-Tabata Team Workout

Thursday April 25th

Cambridge True Team Meet

- 2:00/2:15-Busses at Highview/Irondale
- 2:05- Students released from class at IHS
- 4:00-Meet starts at Cambridge
- 9:00-back at Irondale

Friday April 26th

Practice/Hamline Elite

- 3:30-Warm-up at the track
- 3:40-Coaches Meeting
- 3:50-Workout with team

Hamline Elite Meet (top nine in the state)
Meet starts at 5:30 at Hamline

Saturday April 27th

Distance Practice

- Distance Practice 8:00am

Sunday April 28th

Rest and Study



