



2019 IRONDALE TRACK



Monday April 29th

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 30th

Buffalo Meet

- 2:00/2:15-Busses at Highview/Irondale
- 2:05- Students released from class at IHS
- 3:45- Meet starts at Buffalo
- 9:00- back at Irondale

Wednesday May 1st

Track Practice

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

Thursday May 2nd

Track Practice

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

Friday May 3rd

Boys at WBL/Girls Practice

- 2:15/2:30-Busses at Highview/Irondale
- 2:20- Students released from class at IHS
- 3:45- Meet starts at White Bear Lake
- 7:00- back at Irondale

Saturday May 4th

Go Knight Go Track Clinic

- 8:00am- Distance Workout
- 9:00am- Go Knight Go Youth Clinic

Sunday May 5th

Rest and Study

