



Monday April 1

Practice 3:30 - 5:30

- 3:30 Warm-Up
- 3:40 Team Video
- 3:50 Team Workout
- 4:50 Team Core and Captain Draft

Tuesday April 2

Practice 3:30 - 5:30

- 3:30 Warm-Up
- 3:40 Team Meeting
- 3:50 Team Workout
- 4:50 Team Ladder

Wednesday April 3

Practice 3:30 - 5:30

- 3:30 Team warm-up
- 3:40 Meet Starts
- 5:30 Team and Parent meeting at Irondale Media Center

Thursday April 4

Practice 3:30 - 5:30

- 3:30 Warm-Up
- 3:40 Team Meeting
- 3:50 Team Workout
- 4:50 Uniform handout

2019 IRONDALE TRACK

Friday April 5

Practice 3:30 - 5:30

- 3:30 Warm-Up
- 3:40 Team Meeting
- 3:50 Team Workout
- 4:50 Team Fun

Saturday April 6

**Distance Practice
9:00am at Irondale**

Sunday April 7

Rest



APRIL 1ST - 7TH

WEEK 4

2019 IRONDALE TRACK AND FIELD