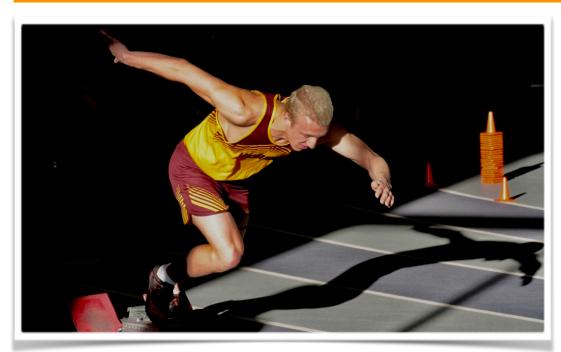
WEEK 1 MARCH 11, 2019

# 2019 Irondale Knight's Track and Field





#### Week One:

Dress to go outside this week.

**Apparel orders due**Deadline Midnight
March 17th

Get a Friend out for Track

## MONDAY MARCH 11TH PRACTICE 3:30 -5:30

3:30 -Meet in upper gym

3:35 -Warm-up

3:50-Workout with coaches

4:50 -Core Monday

## TUESDAY MARCH 12TH PRACTICE 3:30 -5:30

3:30 -Meet in upper gym

3:35 -Warm-up

3:50-Workout with coaches

4:50 -Tabata Tuesday

### WEDNESDAY MARCH PRACTICE 3:30 -5:30

3:30 - Meet in upper gym

3:35 - Warm-up

3:50-Workout with coaches

4:50 - Ladder Wednesday

### THURSDAY MARCH 14TH PRACTICE UPPER GYM

8:00am - Weights 9:00am - Distance

10:00am - Pole Vault

10:30am - Sprints
- Super Endurance

### FRIDAY MARCH 15TH PRACTICE UPPER GYM

9:00am - Distance 10:00am - Pole Vault 10:30am - Sprints&Weights - Insanity Friday

## SATURDAY MARCH 16TH PRACTICE UPPER GYM

9:00am Distance

#### SUNDAY MARCH 17TH REST

- The team apparel store closes at midnight
- Do something good for someone else

