

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

