

# 2019 Irondale Knight's Track and Field



**Week Two:**

Dress to go outside this week.

**Apparel orders due**

Deadline Midnight March 17th

**Get a Friend out for Track**



**MONDAY MARCH 18TH  
PRACTICE UPPER GYM**

9:00am - Girls Distance  
- Everyone else workout on your own

**TUESDAY MARCH 19TH  
PRACTICE UPPER GYM**

9:00am - Distance  
10:30am - Boy Sprints  
2:30pm - Hurdlers  
3:30 Weights/G Sprints/Jumpers  
-Tabata Tuesday

**WEDNESDAY MARCH 20TH  
PRACTICE UPPER GYM**

9:00am - Distance  
10:30am - Boy Sprints  
2:30pm - Hurdlers  
3:30 Weights/G Sprints/Jumpers  
- Super Endurance

**THURSDAY MARCH 21ST  
PRACTICE UPPER GYM**

9:00am - Distance  
2:30pm - Hurdlers  
3:30 Weights/Sprints/Jumpers  
- Insanity Thursday

**FRIDAY MARCH 22ND  
PRACTICE AT THE TRACK**

9:00am - Distance  
- Everyone else workout on your own

**SATURDAY MARCH 23RD  
PRACTICE AT THE TRACK**

9:00am Distance

**SUNDAY MARCH 24TH  
REST**

- Get ready for school to start again  
- Do something good for someone else

