

# 2019 Irondale Knight's Track and Field



**Week Three:**  
We are outside this week.

**Apparel orders 2.0 due  
Deadline Midnight  
March 17th**

**Snow is melting**

**Monday March 25th**  
PRACTICE at track

3:30 Team Warm-Up  
3:45 Event Workout  
4:50 Team Core  
6:00 Boys meeting with Fink  
6:30 Girls meeting with Fink

**Tuesday March 26th**  
PRACTICE at track

3:30 Team Warm-Up  
3:45 Event Workout  
4:50 Tabata Tuesday

**Wednesday March 27th**  
PRACTICE at track

3:30 Team Warm-Up  
3:45 Event Workout  
4:50 Super Endurance  
*2nd Apparel Due Today*

**Thursday March 28th**  
PRACTICE at track

3:30 Team Warm-Up  
3:45 Event Workout  
4:50 Team Ladder

**FRIDAY MARCH 29TH**  
PRACTICE AT TRACK

3:30 TEAM WARM-UP  
3:45 EVENT WORKOUT  
4:50 INSANITY FRIDAY

**SATURDAY MARCH 30TH**  
DISTANCE PRACTICE

9:00AM TEAM WARM-UP

**SUNDAY MARCH 31ST**  
REST

BE GOOD, DO GOOD,  
AND REST UP



---

## LOREM IPSUM DOLOR SIT AMET LIGULA

Lorem ipsum dolor sit amet, ligula suspendisse nulla pretium, rhoncus tempor fermentum, enim integer ad vestibulum volutpat. Nisl rhoncus turpis est, vel elit, congue wisi enim nunc ultricies sit, magna tincidunt. Maecenas aliquam maecenas ligula nostra, accumsan taciti. Sociis mauris in integer.

Faucibus at. Arcu habitasse elementum est, ipsum purus pede porttitor class, ut adipiscing, aliquet sed auctor, imperdiet arcu per diam dapibus libero duis. Enim eros in vel, volutpat.

