

2020

Irondale Knights Track and Field

Week 1

March 9th - 15th

Monday March 9th

Practice 3:30 - 5:30

Meet in Upper Gym

3:30 - Team Warm-up

3:40 - Team Meeting

3:50 - Team Workout

4:50 - Team Core

Tuesday March 10th

Practice 3:30 - 5:30

Meet in Upper Gym

3:30 - Team Warm-up

3:40 - Team Meeting

3:50 - Team Workout

4:50 - Team Tabata

Wednesday March 11th

Practice 3:30 - 5:30

Meet in Upper Gym

3:30 - Team Warm-up

3:40 - Team Meeting

3:50 - Team Workout

4:50 - Team Super Endurance

Thursday March 12th

Practice 9:00 - 11:00am

Meet in Upper Gym

9:00am - Team Warm-up

9:10 - Team Meeting

9:20 - Team Workout

10:20 - Team Ladders

Friday March 13th

- No practice run on your own

Saturday March 14th

- No practice run on your own

Sunday March 15th

- Rest and do some good

