

# Eagle Track

Week of April 12<sup>th</sup>

All Track team members 8 laps for warm up. Then stretch. Then plyo. Team meeting Workout Block starts 3 sets daily. All relays 4 lap hand off jog Daily, lane handoffs 5 daily with partner.

WEDNESDAY WILL BE AT INGLEWOOD HIGH

	Sprinters	Middle/Long Distance	Hurdle
<b>Mon</b>	3 Sets of intervals	3 sets of intervals	Same as sprinters
	Set 1: (6) Set 1: sprint 50 (6)	Set(1) Repeat 200's (8)	plus Hurdle drills
	Walk/jog 50 Sprint 50	all under 35sec	
	At Goal time your best race		
	Set 2: (4) 100's	Set 2: Repeat 400's (4)	<b>Relays-daily</b>
	All 4 under 14	all under 75	3 lap hand off drill
Set 3:	200m (6)	Set 3: Repeat 200's (4)	in lane hand offs(5)
	All at or under 30 sec	all four under 40sec.	
	2 lap jog between each set	2 lap jog between each set	
<b>Tues-</b>	Strides(10) 10 laps or 1-3 mile run	Strides (10) 16 laps or 3-5 mile run	
<b>Wed</b>	<b>Meet Day Vs. Salesian Depart Verb at 1:15 to Coleman Stadium Inglewood</b>		
<b>Thur-</b>	Sprints (5) 50m +(5) 100m	Strides (10)	
	50 m under-7sec 100m under 15sec		
	20 laps or 3-5 mile run	34 laps or 5-8 mile run	
<b>Fri-</b>	Strides(10) 16 laps or 1-3 mile run	Strides (10) 16 laps or 3-5 mile run	
<b>Sat-</b>	<b>Meet at Carpenteria High @ Russell Cup vans depart Verb at 6:30am</b>		
<b>Sun-</b>	Run 2-5 miles	Run 4-8 miles	

## Jumpers-

15 run throughs  
10 jumps  
Box jumps

## Throwers

standing drill(10 throws)  
Step and Throw(10 throws)  
Lifting