

## Week of May 14 - 20

### Week 10

# **2007 Irondale Boy's Track & Field**

## **Monday**

2:20 - Meet on track (Dynamic Warm-Up)

2:30 - Practice

3:45 - Cool down / Core conditioning

## **Tuesday Conference Prelim Day**

2:40 - Bus leaves for Spring Lake Park

4:00 - Conference meet starts

8:30 - bus back to Irondale

## **Wednesday**

2:20 - Meet on track (Dynamic Warm-Up)

2:30 - Practice

3:45 - Cool down / Core conditioning

## **Thursday Conference Final Day**

2:40 - Bus leaves for Spring Lake Park

4:00 - Conference meet starts

8:30 - bus back to Irondale

## **Friday**

2:20 - Meet on track (Dynamic Warm-Up)

2:30 - Practice

3:45 - Cool down / Core conditioning

## **Saturday**

Run on your own

## **Sunday**

Rest!