

Week of March 24 – March 30

Week 3

2008 Irondale Boy's Track & Field

Monday

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

2:30 – Practice * Every day you should be ready to go outside

3:45 – Cool down / Core conditioning

Tuesday

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

2:30 – Practice * Every day you should be ready to go outside

3:45 – Cool down / Core conditioning

Wednesday

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

2:30 – Practice * Every day you should be ready to go outside

3:45 – Cool down / Core conditioning

Thursday

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

2:30 – **Maroon/Gold/White Meet**

Friday

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

2:30 – Practice * Every day you should be ready to go outside

3:45 – Cool down / Core conditioning

Saturday

Run on your own

Sunday

Rest!