

# Week of April 7-13

## Week 5

# **2008 Irondale Boy's Track & Field**

### **Monday**

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

2:30 – Practice

3:45 – Cool down / Core conditioning

### **Tuesday**

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

2:30 – Practice

3:45 – Cool down / Core conditioning

### **Wednesday**

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

2:30 – Practice

3:45 – Cool down / Core conditioning

### **Thursday** Meet at North Branch

2:30 – Bus leaves Irondale

4:00 – Meet starts

7:30 – Back at 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!