

Week of May 5-11

Week 9

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 - True team meet @ Moundsvew

Bus leaves at 2:15

Running & Field Events 3:30

Bus back to Irondale at 8:30

Wednesday

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

2:30 – Practice

3:45 – Cool down / Core conditioning

Thursday – Junior Varsity Meet @ North Branch

Bus leaves at 2:20

Events at 4:00

Bus back to Irondale at 8:00

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!