

2007 Irondale Boy's Track & Field

Week of March 12 - 18

Monday

2:20 - Meet on the Old Gym
2:30 - Practice
3:45 - Cool down

Tuesday

2:20 - Meet on the Old Gym
2:30 - Practice
3:45 - Cool down

Wednesday

2:20 - Meet on the Old Gym
2:30 - Practice
3:45 - Cool down

Thursday

2:20 - Meet on the Old Gym
2:30 - Practice
3:45 - Cool down

Friday

2:20 - Meet on the Old Gym
2:30 - Practice
3:45 - Cool down

Saturday

- Run on your own

Sunday

Rest!