

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec - 31 Week 1 <u>Everyday</u> Warm-up & dynamic stretching	Jan - 01 Hurdle Mobility/ Wall, Agility Sq 4 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg Bounds	Jan - 02 Hurdle Mobility/ W-drill, Wickets Acceleration A,B Bounding Drill Med Ball Drill Jump Rope Hurdle Drill A,B Crawling Core 4 x 50m Straight Leg Bounds	Jan - 03 Hurdle Mobility/ Wall, Side & Kriss Cross 8 x 300m @ 75% B: 56"-59" G: 64"-69" Rest = 3.5', 3', 2.5', 2', 1.5', 1', 30" 4 x 50m Straight Leg Bounds	Jan - 04 Hurdle Mobility/ Deceleration Speed Drill A Wickets Acceleration A,B Bounding Drill Med Ball Drill Jump Rope Hurdle Drill A,B Planking Core 4 x 50m Straight Leg Bounds	Jan - 05 Hurdle Mobility/ W-drill 10 x 100m Hills up the drain @ good effort Rest = walk back 4 x 50m Straight Leg Bounds	Jan - 06
Jan - 07 Week 2 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	Jan - 08 Hurdle Mobility/ Wall, Agility Sq 4 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg Bounds	Jan - 09 Hurdle Mobility/ W-drill, Wickets Acceleration A,B,C Bounding Drill Med Ball Drill Jump Rope Hurdle Drill A,B Crawling Core 4 x 50m Straight Leg Bounds	Jan - 10 Hurdle Mobility/ Wall, Side & Kriss Cross 8 x 300m @ 75% B: 56"-59" G: 64"-69" Rest = 3.5', 3', 2.5', 2', 1.5', 1', 30" 4 x 50m Straight Leg Bounds	Jan - 11 Hurdle Mobility/ Deceleration Speed Drill A Wickets Acceleration A,B Bounding Drill Med Ball Drill Jump Rope Hurdle Drill A,B Planking Core 4 x 50m Straight Leg Bounds	Jan - 12 Hurdle Mobility/ W-drill 10 x 100m Hills up the drain @ good effort Rest = walk back 4 x 50m Straight Leg Bounds	Jan - 13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan - 14 Week 3 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	Jan - 15 MLK Day No School 4 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m 4' between sets	Jan - 16 Hurdle Mobility/ W-drill, Wickets Acceleration A,B,C,D Bounding Drill Med Ball Drill Jump Rope Hurdle Drill A,B Crawling Core 4 x 50m Straight Leg Bounds	Jan - 17 Hurdle Mobility/ Wall, Side & Kriss Cross 8 x 300m @ 75% B: 56"-59" G: 64"-69" Rest = 3.5', 3', 2.5', 2', 1.5', 1', 30" 4 x 50m Straight Leg Bounds	Jan - 18 Hurdle Mobility/ Deceleration Speed Drill A Wickets Acceleration A,B Bounding Drill Med Ball Drill Jump Rope Hurdle Drill A,B Planking Core 4 x 50m Straight Leg Bounds	Jan - 19 Hurdle Mobility/ W-drill 10 x 100m Hills up the drain @ good effort Rest = walk back 4 x 50m Straight Leg Bounds	Jan - 20
Jan - 21 Week 4 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	Jan - 22 Hurdle Mobility/ Wall, Agility Sq 10 x 150m @ 85% B: 21"-23" G: 24"-26" Rest = 3' 4 x 50m Straight Leg Bounds	Jan - 23 Hurdle Mobility/ W-drill, Wickets Acceleration A,B,C,D Bounding Drill Med Ball Drill Jump Rope Hurdle Drill A,B Crawling Core 4 x 50m Straight Leg Bounds Hurdle Drill C	Jan - 24 Hurdle Mobility/ Wall, Side & Kriss Cross 500, 400, 300, 200+200 B: 1:20', 1:04', 48" 32", 32" G: 1:34', 1:15', 56" 38", 38" Rest = 4', 1' 4 x 50m Straight Leg Bounds	Jan - 25 Hurdle Mobility/ Deceleration Speed Drill A Wickets Acceleration A,B Bounding Drill Med Ball Drill Jump Rope Hurdle Drill A,B Planking Core 4 x 50m Straight Leg Bounds Hurdle Drill C	Jan - 26 Hurdle Mobility/ W-drill 8 x 150m Hills up the drain @ good effort Rest = walk back 4 x 50m Straight Leg Bounds	Jan - 27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan - 28 Week 5 Everyday Warm-up & dynamic stretching Stretching routine	Jan - 29 Hurdle Mobility/ Wall, Side & Kriss Cross Acceleration A,B,C,D 4 x 50m Straight Leg Bounds Weights @ 4:00pm	Jan - 30 Hurdle Mobility/ Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg Bounds Ankle/Shin Mobility	Jan - 31 Hurdle Mobility/ Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38" Rest = 4', 1' 4 x 50m Straight Leg Bounds Weights @ 3:00pm	Feb - 01 Hurdle Mobility/ Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23" G: 24"-26" Rest = 3' 4 x 50m Straight Leg Bounds Ankle/Shin Mobility	Feb - 02 Hurdle Mobility/ Wall, Side & Kriss Cross Acceleration A,B,C,D 4 x 50m Straight Leg Bounds Weights @ 4:00pm	Feb - 03
Feb - 04 Week 6 Everyday Warm-up & dynamic stretching Stretching routine	Feb - 05 *Parent Meeting* Hurdle Mobility/ Wall, Side & Kriss Cross Acceleration A,B,C,D 4 x 50m Straight Leg Bounds Weights @ 4:00pm	Feb - 06 Hurdle Mobility/ Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg Bounds Ankle/Shin Mobility	Feb - 07 Hurdle Mobility/ Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38" Rest = 4', 1' 4 x 50m Straight Leg Bounds Weights @ 3:00pm	Feb - 08 Hurdle Mobility/ Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23" G: 24"-26" Rest = 3' 4 x 50m Straight Leg Bounds Ankle/Shin Mobility	Feb - 09 Hurdle Mobility/ Wall, Side & Kriss Cross Acceleration A,B,C,D 4 x 50m Straight Leg Bounds Weights @ 4:00pm	Feb - 10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb - 11 Week 7 Everyday Warm-up & dynamic stretching Stretching routine	Feb - 12 Hurdle Mobility/ Wall, Side & Kriss Cross Acceleration A,B,C,D 4 x 50m Straight Leg Bounds Weights @ 4:00pm	Feb - 13 Hurdle Mobility/ Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg Bounds Ankle/Shin Mobility	Feb - 14 Hurdle Mobility/ Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38" Rest = 4', 1' 4 x 50m Straight Leg Bounds Weights @ 3:00pm	Feb - 15 Hurdle Mobility/ Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23" G: 24"-26" Rest = 3' 4 x 50m Straight Leg Bounds Ankle/Shin Mobility	Feb - 16 Hurdle Mobility/ Wall, Side & Kriss Cross Acceleration A,B,C,D 4 x 50m Straight Leg Bounds Weights @ 4:00pm	Feb - 17
Feb - 18 Week 8 Everyday Warm-up & dynamic stretching Stretching routine	Feb - 19 Presidents Day No School	Feb - 20 *First Day of Practice* Hurdle Mobility/ W-drill, Wickets 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg Bounds Hurdle Drill A,B,C	Feb - 21 Hurdle Mobility/ Wall, Side & Kriss Cross 400, 300, 2x(200+200) B: 1:01', 46" 31", 31" G: 1:12', 54" 36", 36" Rest = 4', 1' 4 x 50m Straight Leg Bounds Hurdle Drill A,B,C	Feb - 22 Hurdle Mobility/ Deceleration Speed Drill A Wickets Acceleration A, B, C Bounding Drill Med Ball Drill Jump Rope Hurdle Drill A,B Planking Core 4 x 50m Straight Leg Bounds Hurdle Drill A,B,C	Feb - 23 Hurdle Mobility/ W-drill 10 x 200m @ 80% B: 29"- 32" G: 33"- 36" Rest = 2' 4 x 50m Straight Leg Bounds Hurdle Drill A,B,C	Feb - 24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb - 25 Week 9 Everyday Warm-up & dynamic stretching Stretching routine	Feb - 26 Hurdle Mobility/ Wall, Agility Sq 4 x (7 x 100m) @ 80% B: 15"-17" G: 16"-18" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg Bounds Hurdle Drill A,B,C	Feb - 27 Hurdle Mobility/ W-drill, Wickets Acceleration A,B,C 90m Ins/Outs (30/30/30) Bounding Drill Med Ball Drill Jump Rope Crawling Core 4 x 50m Straight Leg Bounds Acceleration Drill D Hurdle Drill A,B,C,E Hurdle Workout A	Feb - 28 Hurdle Mobility/ Wall, Side & Kriss Cross 10 x 200m @ 82% B: 28"-31" G: 32"-35" Rest =2.5' H: over two hurdles 4 x 50m Straight Leg Bounds Hurdle Drill A,B,C,E	Feb - 29 Hurdle Mobility/ Deceleration Speed Drill A Wickets Flight Drill Med Ball Drill Jump Rope Planking Core 4 x 50m Straight Leg Bounds Hurdle Drill A,B,C,E	Mar - 01 Cedar Mini Meet 3:30pm (Varsity Try Outs)	Mar - 02
Mar - 03 Week 10 Everyday Warm-up & dynamic stretching Stretching routine	Mar - 04 Hurdle Mobility/ Wall, Agility Sq, Wickets 5 x (200m + 150m) @ 75%, 85% B: 29"-32", 20"-23" G: 33"-36", 23"-26" Rest = 1', 4' Planking Core 4 x 50m Straight Leg Bounds Hurdle Drill A,B,C,D,E	Mar - 05 JV Track @ Hurricane Hurdle Mobility/ W-drill, Wickets Acceleration A,B,C,D Bounding Drill Med Ball Drill Jump Rope Hurdle Drill A,B Crawling Core 4 x 50m Straight Leg Bounds Hurdle Drill A,B,C	Mar - 06 Hurdle Mobility/ Wall, Side & Kriss Cross 500, 400, 300, 200+200 B: 1:16', 1:01', 46" 31", 31" G: 1:30', 1:12', 54" 36", 36" Rest = 4', 1' 4 x 50m Straight Leg Bounds Hurdle Drill A,B,C,D Hurdle Workout C	Mar - 07 Hurdle Mobility/ Deceleration Speed Drill A Wickets Acceleration A,B,C Med Ball Drill Jump Rope Crawling Core 4 x 50m Straight Leg Bounds Hurdle Drill A,B,C Hurdle Drill E	Mar - 08 Snow Canyon Invitational	Mar - 09

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar - 10 Week 11 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	Mar - 11 4 x 50m Straight Leg Bounds	Mar - 12 Canyon View Dual 2:00pm All sprinters will run a 100m & 400m	Mar - 13 No School AM Practice 10 x 200m @ 82% B: 28"- 31" G: 32"- 36" Rest = 2' H: over two hurdles 4 x 50m Straight Leg Bounds	Mar - 14 No School AM Practice Speed Drill A Wickets 2x Acceleration Drill D Med Ball Drill Jump Rope Planking Core 4 x 50m Straight Leg Bounds	Mar - 15 No School AM Practice 500, 400, 300, (200+200) B: 1:16', 1:01', 46" 31", 31" G: 1:30', 1:12', 54" 36", 36" Rest = 4', 1' 4 x 50m Straight Leg Bounds	Mar - 16
Mar - 17 Week 12 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	Mar - 18 4 x (200m + 150m) @ 75%, 85% B: 29"-32", 20"-23" G: 33"-36", 23"-26" Rest = 1', 4' Crawling Core 4 x 50m Straight Leg Bounds	Mar - 19 Panther Relays	Mar - 20 500, 400, 300, (200+200) B: 1:16', 1:01', 46" 31", 31" G: 1:30', 1:12', 54" 36", 36" Rest = 4', 1' 4 x 50m Straight Leg Bounds	Mar - 21 4 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 4 x 50m Straight Leg Bounds	Mar - 22 Pine View Invitational	Mar - 23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar - 24 Week 13 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	Mar - 25 4 x (200m + 150m) @ 80%, 85% B: 28"-31", 20"-23" G: 32"-35", 23"-26" Rest = 1', 4' 4 x 50m Straight Leg Bounds	Mar - 26 JV Track @ Hurricane	Mar - 27 10 x 200m @ 85% B: 27"- 30" G: 31"- 34" Rest = 3' 4 x 50m Straight Leg Bounds	Mar - 28 6 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 4 x 50m Straight Leg Bounds	Mar - 29 500, 400, 300, (200+200) B: 1:13', 59", 44" 29", 29" G: 1:27', 1:09', 52" 35", 35" Rest = 4', 1' 4 x 50m Straight Leg Bounds	Mar - 30
Mar - 31 Week 14 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	Apr - 01 10 x 200m @ 85% B: 27"- 30" G: 31"- 34" Rest = 3' 4 x 50m Straight Leg Bounds	Apr - 02 500, 400, 300, (200+200) B: 1:13', 59", 44" 29", 29" G: 1:27', 1:09', 52" 35", 35" Rest = 4', 1' 4 x 50m Straight Leg Bounds	Apr - 03 4 x (200m + 150m) @ 85%, 85% B: 27"-30", 20"-23" G: 31"-34", 23"-26" Rest = 1', 4' 4 x 50m Straight Leg Bounds	Apr - 04 4 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 4 x 50m Straight Leg Bounds	Hurricane Invitational	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr - 07 Week 15 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	Apr - 08 4 x 300m @ 85% B: 42"- 45" G: 49"- 52" Rest = 5' 4 x 50m Straight Leg Bounds	Apr - 09 3 x (7 x 100m) @ 80% B: 15"-17" G: 16"-18" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg Bounds	Apr - 10 10 x 200m @ 85% B: 27"- 30" G: 31"- 34" Rest = 3' 4 x 50m Straight Leg Bounds	Apr - 11 3 x (7 x 100m) @ 80% B: 15"-17" G: 16"-18" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg Bounds	Apr - 12 JV Track @ Crimson 4 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 4 x 50m Straight Leg Bounds	Apr - 13 Crimson Invitational
Apr - 14 Week 16 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	Apr - 15 8 x 200m @ 90% B: 25"- 28" G: 29"- 31" Rest = 3.5' 4 x 50m Straight Leg Bounds	Apr - 16 4 x 60m ins/outs 20/20/20 2 x 90m ins/outs 30/30/30 4 x 50m Straight Leg Bounds	Apr - 17 4 x 300m @ 85% B: 42"- 45" G: 49"- 52" Rest = 5' 4 x 50m Straight Leg Bounds	Apr - 18 JV Track @ SUU 4 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 4 x 50m Straight Leg Bounds	Apr - 19 SUU Invitational	Apr - 20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr - 21 Week 17 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	Apr - 22 4 x (200m + 150m) @ 85%, 90% B: 27"-30", 19"-22" G: 31"-34", 22"-25" Rest = 1', 4' 4 x 50m Straight Leg Bounds	Apr - 23 JV Track @ Dixie 7 x 200m @ 90% B: 25"- 28" G: 29"- 32" Rest = 3.5' 4 x 50m Straight Leg Bounds	Apr - 24 4 x 300m @ 85% B: 42"- 45" G: 49"- 52" Rest = 5' 4 x 50m Straight Leg Bounds	Apr - 25 4 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 4 x 50m Straight Leg Bounds	Apr - 26 Dixie Invitational Apr - 27	
Apr - 28 Week 18 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	Apr - 29 7 x 200m @ 90% B: 25"- 28" G: 29"- 32" Rest = 3.5' 4 x 50m Straight Leg Bounds	Apr - 30 JV Track @ Desert Hills 4 x 60m ins/outs 20/20/20 2 x 90m ins/outs 30/30/30 4 x 50m Straight Leg Bounds	May - 01 4 x 300m @ 90% B: 40"- 44" G: 47"- 51" Rest = 6' 4 x 50m Straight Leg Bounds	May - 02 Travel Day	May - 03 BYU Invitational May - 04	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May - 05 Week 19 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	May - 06 5 x 200m @ 95% B: 24"- 27" G: 28"- 31" Rest = 4' 4 x 50m Straight Leg Bounds	May - 07 3 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 4 x 50m Straight Leg Bounds	May - 08 May - 09 Region 10 Championships Pine View HS		May - 10	May - 11
May - 12 Week 20 <u>Everyday</u> Warm-up & dynamic stretching Stretching routine	May - 13 Athellets Choice	May - 14 Athellets Choice	May - 15 Athellets Choice	May - 16 Travel Day	May - 17 May - 18 4A State Championships BYU	