

MCHS 2019 TRACK & FIELD WEEKLY WORKOUT MATRIX

(Draft 01/18/19)

	MON - WED - FRI			TUE - THU			
10 minutes	Kick-Off Practice (everyone meet in bleachers; 400m warm-up lap)						
20-30 minutes	Separate Warm-up Routines/Drills: Sprinters, Distance, Throwers			Sprinters Warm-up Drills and Mobility Work (30-45 min)		Distance Leave MCHS for Park Recovery Run (1.5 hr)	Throwers Strength Training in Weight Room (2 hrs)
15 minutes	Sprinters Workout (30 min)	Distance Workout (45 min)	Throwers Technique Work (1.5 hr)				
15 minutes				Sprinters Cool-down and Recovery (15 min)			
15 minutes	Sprinters Strength Training (20-30 min)	Distance Cool-down and Recovery (15 min)					
15 minutes		Distance Leg Strength Training (30 min)					
15 minutes							
15 minutes						Distance Upper Body and Core Strengthening Work (30 min)	