

MCHS 2022 TRACK & FIELD WEEKLY WORKOUT MATRIX

(2/16/22)

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
School Release / Practice Time:	School Release: 3:35 Practice: 4:00-6:00	School Release: 3:35 Practice: 4:00-6:00	School Release: 2:45 Practice: 3:15 - 5:30	School Release: 3:35 Practice: 4:00-6:00	School Release: 3:35 Practice: 4:00-6:00
3:15-3:25			* Kick-Off Practice		
3:25-4:00 (35 minutes)			Separate Warm-up Routines: Sprinters, Distance, Throwers		
4:00-4:10	* Kick-Off Practice		Workout + Cool-Down (1 hr 30 minutes)	* Kick-Off Practice	
4:10 - 4:40 (30 minutes)	Separate Warm-up Routines/Drills: Sprinters, Distance, Throwers			Separate Warm-up Routines/Drills: Sprinters, Distance, Throwers	
4:40 - 6:00 (1 hr 20 minutes)	Workout + Cool-Down		PRACTICE DONE 5:30 PM!	Workout + Cool-Down	
	PRACTICE DONE 6:00 PM!		All Coaches: 5:30-5:45 Weekly Meeting	PRACTICE DONE 6:00 PM!	
Coaching Staff Rotation (All 13 of them!)	Sprints/Hurdles: Vic, Mark Distance: Greg, Leanne, Marion Throws: Tim, Nick	Sprints: Allison, Tac, Scott Distance: Marion, John Throws: Tim, Nick Jumps: Dawid (HJ), Mark (LJ/TJ), Greg (helping as needed)	Sprints/Hurdles: Vic, Mark Distance: Greg, Leanne Throws: Tim, Nick Pole Vault: Bruce (MCHS)	Sprints: Allison, Tac, Scott Distance: Marion, John Throws: Tim, Nick Jumps: Dawid (HJ), Mark (LJ/TJ), Greg (helping as needed)	Sprints: Allison, Tac Relays: Vic (sometimes), or Greg Distance: Greg (Leanne, Marion infrequently) Throws: Tim, Nick
Weight Room:	Sprinters: 5:00 - 6:00	Throwers: 4:30-6:00	Sprinters + Distance: 4:30-5:30	Throwers: 4:30-6:00	Distance: 5:00 - 6:00

* Kick-Off Practice: Everyone meet at north end of track > 7 minute Coaches talk > everyone 400m warm-up lap > Split group into: 1) Sprints, 2) Distance or 3)Throws