

## Maria Carrillo HS 2023 TRACK & FIELD WEEKLY WORKOUT MATRIX

(2/1/23)

		<b>WEDNESDAY</b> School Release: 2:45 Practice: 3:15-5:30			
3:15-3:25	<b>MONDAY</b> School Release: 3:35 Practice: 4:00-6:00	<b>TUESDAY</b> School Release: 3:35 Practice: 4:00-6:00	* Kick-Off Practice/Team Lap	<b>THURSDAY</b> School Release: 3:35 Practice: 4:00-6:00	<b>FRIDAY</b> School Release: 3:35 Practice: 4:00-6:00
3:25-4:00			Separate Warm-up Routines/Drills: <b>Sprinters, Distance, Throws</b>		
4:00-4:10	* Kick-Off Practice/Team Lap	* Kick-Off Practice/Team Lap	Workout + Cool-Down  <b>PRACTICE DONE 5:30 PM!</b>  All Coaches: 5:45-6:00pm Weekly Meeting	** Kick-Off Practice/Team Lap	* Kick-Off Practice/Team Lap
4:10 - 4:40	Separate Warm-up Routines/Drills: <b>Sprinters, Distance, Throws</b>	Field Event Technique Day or EZ Workout + Cool-Down		Field Event Technique Day or EZ Workout + Cool-Down	Separate Warm-up Routines/Drills: <b>Sprinters, Distance, Throws</b>
4:40 - 6:00	Workout + Cool-Down  <b>PRACTICE DONE 6:00 PM!</b>	<b>PRACTICE DONE 6:00 PM!</b>		<b>PRACTICE DONE 6:00 PM!</b>	Workout + Cool-Down  <b>PRACTICE DONE 6:00 PM!</b>
<b>Coaching Staff Rotation</b>	<b>Sprints/Hurdles:</b> Vic, Tac <b>Distance:</b> Greg, Leanne, Marion <b>Throws:</b> Nick	<b>Sprints/Hurdles:</b> Vic, Scott, Allison <b>Distance:</b> Greg, Marion, John <b>Throws:</b> Nick <b>Jumps:</b> Dawid (HJ), Bruce (PV), Chad (LJ/TJ)	<b>Sprints/Hurdles:</b> Vic, Tac <b>Distance:</b> Greg, Leanne <b>Throws:</b> Nick	<b>Sprints/Hurdles:</b> Vic, Scott, Allison <b>Distance:</b> Greg, Marion, John <b>Throws:</b> Nick <b>Jumps:</b> Dawid (HJ), Bruce (PV), Chad (LJ/TJ)	<b>Sprints/Hurdles:</b> Vic, Scott, Tac <b>Distance:</b> Greg, Leanne <b>Throws:</b> Nick
<b>Weight Room:</b>	TBD	Throwers: 5:00-6:00	Sprinters 4:00-5:00 Distance: 5:00-5:30	Throwers: 5:00-6:00	Sprinters 4:30-5:30 Distance: 5:30-6:00
* Kick-Off Practice: Everyone meet at north end of track > 7 minute Coaches talk > <u>EVERYONE</u> 400m warm-up lap > Split group into: 1) Sprints, 2) Distance or 3)Throws					
** Kick-Off Practice on Thu after Wed meets in April includes "shout-outs" from teammates, could add another 10-15 minutes!					