

## 2019 Track & Field Early Pre-Season Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Sep 2018</b>	17 Warm Up + 9x20m w/4min rest + 4 laps in/out 100m + 800m Cool Down + Injury Prev.	18 Warm Up + 4x50m + 3x250m + 800m Cool Down + Core + Weight Routine B	19 Warm Up + crouch 2x (3x90m - 30fast-30jog-30fast w/ 5min) w/ 10min + 1x300 stride + Hurdle Step Downs + 800m Cool Down	20 Off - Recovery & Injury Prevention	21 Warm Up + hill sprint 6x150m w/ walk back + 800m Cool Down + Core + Weight Routine B	22 8x60 curve form runs - or - Technical + Hurdle Flexibility + 800m Cool Down + Pool	23 Off
	24 Warm Up + 9x20m sled pulls 2-on 1-off w/4min rest + 4 laps in/out 100m + 800m Cool Down + Injury Prev.	25 Warm Up + 4x50m + 3x250m + 800m Cool Down + Core + Weight Routine B	26 Warm Up + crouch 2x (3x90m - 30fast-30jog-30fast w/ 5min) w/ 10min + 1x300 stride + Hurdle Step Downs + 800m Cool Down	27 <b>Back to School Night</b> Off - Recovery & Injury Prevention	28 Warm Up + hill sprint 6x150m w/ walk back + 800m Cool Down + Core + Weight Routine B	29 8x60 curve form runs - or - Technical + Hurdle Flexibility + 800m Cool Down	30 Off
<b>Oct 2018</b>	1 Warm Up + 9x20m sled pulls 2-on 1-off w/full rest + hill sprint 4x150m w/ walk back + 800m Cool Down + Injury Prev.	2 Warm Up + 3x300m w/ 10min + 800m Cool Down + Core + Pool	3 Warm Up + 50m-40m-30m-20m w/ full rest + 3x150 w/ walk back + Hurdle Step Downs + 800m Cool Down	4 Warm Up + 2 laps 100 in/out + 8x200m w/200 jog + 800m Cool Down + Core + Weight Routine B	5 Off - Recovery & Injury Prevention	6 5x90 curve form runs - or - Technical + Hurdle Flexibility + 800m Cool Down + Pool	7 Off
	8 <b>No School</b> Warm Up + 9x30m sled pulls 2-on 1-off w/4min rest + hill sprint 4x150m w/ walk back + 800m Cool Down + Injury Prev. + Pool	9 Warm Up + 3x300m w/ 10min + 800m Cool Down + Core + Weight Routine B	10 Warm Up + 50m-40m-30m-20m w/ full rest + 3x150 w/ walk back + Hurdle Step Downs + 800m Cool Down	11 Warm Up + 2 laps 100 in/out + 8x200m w/200 jog + 800m Cool Down + Core + Weight Routine B	12 Off - Recovery & Injury Prevention	13 5x90 curve form runs - or - Technical + Hurdle Flexibility + 800m Cool Down + Pool	14 Off
	15 Warm Up + 6x40m sled pulls 2-on 1-off w/full rest + 3x200 in/out + 800m Cool Down + Injury Prev.	16 Warm Up + 2x600 w/400 walk + 2x150m w/ walk back + 800m Cool Down + Core + Weight Routine C	17 Warm Up + hill sprint 5x150m + Hurdle Step Downs + 800m Cool Down	18 Warm Up + 6x250 w/ walk back + 800m Cool Down + Core + Weight Routine C	19 Off - Recovery & Injury Prevention	20 5x90 curve form runs - or - Technical + Hurdle Flexibility + 800m Cool Down	21 Off
	22 Warm Up + 6x40m sled pulls 2-on 1-off w/full rest + hill sprint 4x150m w/ walk back + 800m Cool Down + Injury Prev.	23 Warm Up + 3x300m w/ 10min + 800m Cool Down + Core + Weight Routine C	24 Warm Up + 50m-40m-30m-20m w/ full rest + 3x150 w/ walk back + Hurdle Step Downs + 800m Cool Down	25 Off - Recovery & Injury Prevention	26 Warm Up + hill sprint 8x150m w/ walk back + 1000m Cool Down + Core + Weight Routine C	27 6x90 curve form runs - or - Technical + Hurdle Flexibility + 800m Cool Down + Pool	28 Off
	29 Warm Up + 4x40m w/full rest + 3x200 in/out + 800m Cool Down + Injury Prev.	30 Warm Up + 2x600 w/400 walk + 2x150m w/ walk back + 800m Cool Down + Core + Pool	31 Warm Up + hill sprint 5x150m + Hurdle Step Downs + 800m Cool Down	1 Warm Up + 6x150 w/ walk back + 800m Cool Down + Core + Weight Routine C	2 Off - Recovery & Injury Prevention	3 6x90 curve form runs - or - Technical + Hurdle Flexibility + 800m Cool Down	4 Off
<b>Nov 2018</b>	5 Warm Up + 3x (3x (30-20-30 stride-fly-stride) w/2min) w/5min + 2x300 w/500 jog + 800m Cool Down + Injury Prev.	6 Warm Up + 3x150 w/walk back + 4x80m w/ 2min + 800m Cool Down + Core + Weight Routine C	7 Warm Up + 9x40m sled pulls 2-on 1-off w/full rest + Hurdle Step Downs + 800m Cool Down	8 Warm Up + 4x40m w/ full rest + 5x250m w/ 5min rest + 800m Cool Down + Core + Weight Routine C	9 Off - Recovery & Injury Prevention	10 4x150 curve form runs - or - Technical + Hurdle Flexibility + 800m Cool Down + Pool	11 Off
	12 <b>Veterans Day</b> Warm Up + 2 laps 100m in/out + 4x (30-20 stride-fly) w/ full rest + 3x150m w/ walk back + 800m Cool Down + Injury Prev. + Weight Routine C	13 Warm Up + 2 laps 100m in/out + hill sprint 5x150m w/ jog back + 800m Cool Down + Core + Pool	14 Warm Up + 20min jog + 5x50m form runs + Hurdle Step Downs + 800m Cool Down	15 Warm Up + 500-450-400 w/ 10min rest + 800m Cool Down + Core + Weight Routine C	16 Off - Recovery & Injury Prevention	17 4x150 curve form runs - or - Technical + Hurdle Flexibility + 800m Cool Down	18 Off
	19 Warm Up + 3x (3x (30-20-30 stride-fly-stride) w/2min) w/5min + 2x300 w/500 jog + 800m Cool Down + Injury Prev. + Pool	20 Warm Up + 3x150 w/walk back + 4x80m w/ 2min + 800m Cool Down + Core + Weight Routine C	21 Warm Up + 9x40m sled pulls 2-on 1-off w/full rest + Hurdle Step Downs + 800m Cool Down	22 <b>Thanksgiving</b> Off - Recovery & Injury Prevention	23 Warm Up + 4x40m w/ full rest + 5x250m w/ 5min rest + 800m Cool Down + Core	24 5x150 curve form runs - or - Technical + Hurdle Flexibility + 800m Cool Down	25 Off
	26 Warm Up + 2 laps 100m in/out + 4x (30-20 stride-fly) w/ full rest + 3x150m w/ walk back + 800m Cool Down + Injury Prev.	27 Warm Up + 2 laps 100m in/out + hill sprint 5x150m w/ jog back + 800m Cool Down + Core + Weight Routine C	28 Warm Up + 20min jog + 5x50m form runs + Hurdle Step Downs + 800m Cool Down	29 Warm Up + 500-450-400 w/ 10min rest + 800m Cool Down + Core + Weight Routine C	30 Off - Recovery & Injury Prevention	1 5x150 curve form runs - or - Technical + Hurdle Flexibility + 800m Cool Down	2 Off