

TECH TRACK AND FIELD 2009

**MARCH**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8	9 <i>Track @ Tech</i> 9:00am-10:30am	10 <i>Track @ Tech</i> 9:00am-10:30am Team Warm up stretch pillar Routine #1 Distance expectations & Hand out Goals group Run Conversational Pace 20-30 Minute Stretch	11 <i>Track @ Tech</i> 9:00am-10:30am Team Warm up stretch T-12 Intro to wt Room Circuit Assassin- up Tempo for time on card Team Game Trench	12 <i>Track @ Tech</i> 9:00am-10:30am Team warm up & Stretch General Strength Routine Fartlek 3-4miles 6X1 block @Race Pace Situps & Push ups	13 <i>Track @ Tech</i> 9:00am-10:30am Team Warm up and stretch (Pent. Info.) Wt. Rm Circuit (20Min) 4 Mile Run 2nd half faster than first	14 <i>Pentathlon At Tech</i> Distance Group to run after the Pent. 4-5 Miles
15	16 <i>Track @South 3:30-6:00 Throwers -</i> Team Warm up Pillar Routine#1 (wt. Rm 5:00 p.m.) 5miles Relaxed Pace 6X150 Strides @ Race Pace Cool down	17 <i>Track @South 3:30-6:00 Throwers -</i> Team Warm up stretch Indy 500  2 pit Stops {2-3 Min rest}Must Hammer 3 of the laps. 8 laps Min 12 laps Max Sit up& Push ups	18 <i>Track @South 3:30-6:00 Throwers -</i> Team Warm up stretch  1 mile easy 4X800 tempo 1 mile cool down wt.room @5:00pm	19 <i>Track @South 3:30-6:00 Throwers -</i> Team warm up & Stretch Run warm up 10Min T-12 1X800 tempo 3Min Rest  2 sets 4X200 Hammer #4 60 sec.between reps 3Min	20 <i>Track @South 3:30-6:00 Throwers -</i> Warm up-Team Game & Meet info. 3-4 Miles Easy 6X100 pick ups STRETCH!!! (meet Goals)	21 <i>SCSU Husky Classic @ SCSU Field House</i> Meet at SCSU's Field House at 8:15 am!!
22	23 <i>Track @South 3:30-6:00 Throwers -</i> AM 6:30 Warm up 6:40 Wt. Rm circuit 20Min. Run PM Easy 5 5X150 Accell	24 <i>Track @South 3:30-6:00 Throwers -</i> Progressive (Team Pursuit) Beaver Island Trail  Beginning Runners Get Head Start (2nd Road)	25 <i>Track @South 3:30-6:00 Throwers -</i> AM 6:30 Warm up 6:40 Wt. Rm circuit 20Min. Run PM Team Warm-up 6-8X Hospital Hills (Groups of 3) Cool Down back to Tech	26 <i>Track @South 3:30-6:00 Throwers -</i> Team Warm-up   Plyo Circuit 2groups (20 Min routines-switch) 20-25 Min. Run	27 <i>Track @South 3:30-6:00 Throwers -</i> No AM Warm up-Team Game & Meet Info (meet Goals) 4Miles easy 6X150 (tempo strides)	28 <i>CLC Indoor Meet @ SCSU Field House</i>
29	30 <i>Track @ Tech Gvm/Thrower @</i> AM 6:30 Warm up 6:40 Wt. Rm circuit 20Min. Run PM 600:200 (X5) 600 @ Tempo followed by 2X200 @ 30-35 sec. equal rest. 4Min between	31 <i>Track @ Tech Gvm/Thrower @</i> Team Warm up  Easy 5 8X100M Strides  Sit ups Push ups	1 <i>Track @ Tech Gvm/Thrower @</i> No AM  PM Calvary Relays Hammer #3,6,8 Warm up there Cool down home	2 <i>Track @ Tech Gvm/Thrower @</i> Team Warm up  Learn to sprint 8X400 Jog w/100m Sprint Finish 25Min Easy Run Sit ups & Push ups	3 <i>Track @ Tech Gvm/Thrower @</i> Distance Ladder@1mile race pace 4,-1-4-2-8-3-8 5-16-5-8-3-4  1Mile@3200 race pace Mid-distance Ladder 2,-1-2-2-4-2-4-3-	4 Over Distance 50-70 Minutes Conversation Pace



# TECH TRACK AND FIELD 2009

## MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4 <b>Practice 3:30-5:30</b> <i>AM Core Circ. Easy 3   PM Distance 2X800 1m RP 2X400 RP 2X400 Bett RP----- MD4X400 RP 2X200 RP 2X200 RP</i>	5 <b>Practice 3:30-5:30</b> Warm up 1 mile easy 2-3 threshold 1 mile cool down Sit ups & Push ups	6 <b>Practice 3:30-5:30</b> NO AM----- -Team Warm up Team Game Meet info. 8X200 strides Hand offs   Starts	7 <b>True team Sections @ Sauk Out of School at 12:50pm on the bus by 1:00</b>	8 <b>Varsity Practice 3:30-5:00 JV No AM (ULTIMATE)</b>	9 O.D. 7-8 Miles
10	11 <b>Practice 3:30-5:30</b> <i>AM Wts / Easy 3   PM Sauk Rapids Threshold Run</i>	12 <b>Apollo Quadrangle Meet@4:00 Out of School at 2:30pm Meet at Apollo at 3:00</b>	13 <b>Practice 3:30-5:30</b> <i>AM Wts 20 Min Run-----</i> -PM 10X400 (overlapping Based on True Team Splits) Cool down	14 <b>Practice 3:30-5:30</b> Team Warm up Easy 5 Sit ups & Push ups	15 <b>True team State @ Stillwater TRA</b> No AM If no T.T. Race Pace Continuous Relays (3) 200's 4 laps. Cool down.	16 O.D. 6-7 miles
17 REST	18 <b>Practice 3:30-5:30</b> <i>Take a photo @ each stop-Distance Park-to-Park Run*Riverside*RR Park*Munsinger*L. George*Country club*Calvary Disc Golf</i>	19 <b>Practice 3:30-5:30</b> Starts & Finishes 8X400 1st 100 -Start Easy pace accelerate into last 100 off the curve to finish (Sprint Form) Not-all out Sit ups & Push	20 <b>Practice 3:30-5:30</b> No AM PM Team Warm up Announcements & Meet information Easy 3 (Not too fast) 5X100 accells	21 <b>CLC Outdoor @ Reminard 2:30nm Out at 12:00 bus leaves at 12:40</b>	22 <b>JV CLC @ Rocori 4:00nm Out at 2:30, bus leaves at 2:40 Varsity Practice Sauk Rapids Run Comfortable Pace</b>	23 O.D. 45 Min Run
24 REST	25 <b>Practice 3:30-5:30</b> MD 2X1200 Tempo 2X400Pace 1mile Split Distance: 2X600 2X200 Race Pace Cool down 1 mile	26 <b>Practice 3:30-5:30</b> Team Warm -up Announcements Meet Info. Pre-meet Break a sweat loosen up : Go Home	27 <b>Sections Prelims- Day 1 @ Alex Out at 12:20 bus leaves at 12:30</b>	28 <b>Practice 3:30-5:30</b> Tech Graduation Recovery Run	29 <b>Practice 3:30-5:30</b> Warm up Meet info. 8X200 Strides	30 <b>Sections Finals - Day 2 @ Sartell Bus leaves Tech Door 6 at 9:00 am</b>

Vaulting Practice is M,T,Th 5:00 - 6:00@ SCSU March and April

TECH TRACK AND FIELD 2009

**JUNE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 <i>Practice 3:30-5:30</i> Hard Work out for the week	2 <i>Practice 3:30-5:30</i>	3 <i>Practice 3:30-5:30</i> Last Day of School A Few Pace Repeats	4 <i>Practice 3:30-5:30</i>	5 <i>STATE MEET @ Hamline</i> Out at 9:15 Vans pull away at 9:30am	6 <i>STATE MEET @ Hamline</i>
7	8	9	10 <i>End of Season Banquet @</i> 6:00 pm - 8:00 pm	11	12 <i>Tech Tiger Trot</i> 6:00PM Discoverv	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27