

Sprinters	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of March 7	PICTURES with easy workout	March 8th Pictures-Max speed DAY-Flyins -20's	200's	Pre meet Day/or time trial	MEET DAY	
Week of March 14th	March 14th-Max speed DAY-Flyins 20's	Pre meet Day	MEET DAY vs Mt Whitney	EASY DAY	Down the ladder	REST
Long Sprinters/Hurdlers	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of March 7	PICTURES with easy workout	Max speed DAY-Flyins	250's	Pre meet Day	MEET DAY	
Week of March 14th	March 14th-Max speed DAY-Flyins 20's	Pre meet Day	MEET DAY vs Mt Whitney	EASY DAY	Down the ladder	REST
Mids	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of March 7	PICTURES with easy workout	all out 300's	Easy day with tempo 600's	Pre meet Day with fly 20's or time trial	MEET DAY	REST or OYO
Week of March 14th	all out 500's	Pre meet Day with fly 20's or time trial	MEET DAY vs Mt Whitney	EASY DAY	Down the ladder	REST or OYO
Jumpers	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of March 7	Pictures with easy workout	March 8th; Max speed DAY-Flyins 20's - run thrus - gallop drills	120's and pit work	Pre meet Day	MEET DAY	
Week of March 14th	March 14th-Max speed DAY-Flyins 20's	Pre meet Day	MEET DAY vs Mt Whitney	EASY DAY	Down the ladder and pit work	REST
Throwers	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Week of March 7	Pictures with easy workout	MARch 8th Max speed - Weight room - Throws	Ring Work	Pre meet Day	MEET DAY	
Week of March 14th	March 14th-Max speed DAY-Flyins 20's-Weight room Throws	Pre meet Day	MEET DAY vs Mt Whitney	Weight room-Ring Work	Weight room-Ring Work	REST
<b>Vaulters</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Week of March 7	Pictures with easy workout	March 7th: Max Speed 20's - Pit work	Pit work	Pre meet Day	MEET DAY	
Week of March 14th	March 14th Max Speed - Pit work	Pit work	MEET DAY vs Mt Whitney	Pit work	Accelration and Pit work	