

Sprinters	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
Week of March 21st	March 21st-Max speed DAY-Flyins 20's	Pre meet Day	CSL OPENER @ Exeter	EASY DAY	Monarch Invite	REST
Long Sprinters/Hurdlers	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
Week of March 21st	March 21st-Max speed DAY-Flyins 20's	Pre meet Day	CSL OPENER @ Exeter	EASY DAY	Monarch Invite	REST
Mids	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of March 14th	100's. 200's 400's	Pre meet Day with fly 20's or time trial	MEET DAY vs Mt Whitney	EASY DAY	Down the ladder	REST or OYO
Week of March 21st	all out 500's	Pre meet Day with fly 20's or time trial	CSL OPENER @ Exeter	EASY DAY	Monarch Invite	REST or OYO
Jumpers	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of March 14th	March 14th-Max speed DAY-Flyins 20's with Jump work	Pre meet Day	MEET DAY vs Mt Whitney	EASY DAY	Down the ladder and pit work	REST
Week of March 21st	March 21st-Max speed DAY-Flyins 20's with Jump work	Pre meet Day	CSL OPENER @ Exeter	EASY DAY	Monarch Invite	REST
Throwers	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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
Week of March 21st	March 21st-Max speed DAY- Flyins 20's- Weight room Throws	Pre meet Day	CSL OPENER @ Exeter	Weight room-Ring Work	Monarch Invite	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 14th	March 14th Max speed DAY- Flyins 20's- VAULT WORK	Pit work	MEET DAY vs Mt Whitney	Pit work	Accelration and Pit work	
Week of March 21st	March 21st-Max speed DAY- Flyins 20's- VAULT WORK	Pit work	CSL OPENER @ Exeter	Pit work	Monarch Invite	