

AWHS Spring Track Practice Schedule

Monday, May 3

2:45-4:15 p.m.

Throwers Pliometrics - Box Drills; Shot Put Drills
Sprinters Hill Workout; Sprint Drills
Mid-Distance/Distance Roads 3-6 Miles; sprint drills

Tuesday, May 4

2:45-4:15 p.m.

Throwers Javelin Drills; Sprints
Sprinters Hurdle Drills; Triple/Long Jump; Speed Workout
Mid-Distance/Distance Speed Workout

Wednesday, May 5

2:45-4:15 p.m. - 7th-11th Graders

Throwers Discus Drills; Medicine Ball Drills
Sprinters High Jump; Starts; In's and Out's
Mid-Distance/Distance Roads 3-6 Miles; sprint drills

Thursday, May 6

2:45-4:15 p.m. - Meet at the school (Parking Lot across the street from the front of the school)

Throwers Pliometric Drills
Sprinters Roads; Relay Handoffs
Mid-Distance/Distance Hills

Friday, May 7

2:00-3:30 p.m.

Throwers Sprint Drills; Light Throwing Drills
Sprinters Jumping Drills; Hurdle Drills; Relay Handoffs
Mid-Distance/Distance Roads (2-3 Miles); Relay Handoffs

Saturday, May 8 - Meet at Bishop Feehan (Attleboro) at 10:00 a.m.

Bus leaves school at 8:00 a.m. Returns at approximately 1:00 p.m.,

Sunday, May 9 - No Practice - Workout on your own