

# Timpanogos Track and Field

## Daily Practice Schedule

### **Sprinters/Jumpers/ Hurdlers/Pole Vaulters**      **Monday - Friday**

3:00 - 3:30              Warm up 2 laps, Dogs, Drills, Stretching, Leg lifts.

3:30 - 4:30              Specific Workouts

4:30 - 5:30              Stretching, Abs, Lifting

### **Long Jump**      **Wednesday**

4:00 - 5:00              Specific Workout

4:30 - 5:30              Stretching, Abs, Lifting

### **High Jump**      **Tuesday**

4:00 - 5:00              Specific Workout

4:30 - 5:30              Stretching, Abs, Lifting

### **Hurdlers**      **Monday and Wednesday**

4:00 - 5:00              Specific Workout

4:30 - 5:30              Stretching, Abs, Lifting

### **Pole Vault**      **Monday -Wednesday**

3:30 – 5:00              Specific Workouts

5:00 – 5:30              Stretching, Abs, Lifting

### **Thursday**

4:30 – 5:30              Specific Workouts

### **Distance**      **Monday - Friday**

3:00 - 3:30              Warm up 1 Mile, Dogs, Drills, Stretching, Leg lifts.

3:30 - 4:30              Specific Workouts

4:30 - 5:30              Stretching, Abs, Lifting

### **Throwers**      **Monday –Wednesday, Friday**

3:30 - 4:00              Warm up 2 laps, Drills, Stretching, Leg lifts.

4:00 - 4:30              Specific Workouts

4:30 - 5:30              Stretching, Abs, Lifting