

2017

CALENDAR YEAR

MARCH

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

22 Practice Days

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	01	02	03	04
05	06 Team Meeting w/ head coaches Warm-up walk-through w/ teams who aren't meeting	07 Sprinter speed workout Introduction to field events	08 Speed workout on turf Block work on turf PARENT MEETING @ 5:00	09 Tempo sprint workout Field event work	10 Speed endurance workout Field event work	11 Event Specific Work
12	13	14 Jog-a-Thon	15	16	17	18 Event Specific Work
19	20	21 Mock Meet	22	23	24	25 Event Specific Work
26	27 Pre-Meet	28 Home vs. South	29	30	31 Pre-Meet	01 At Selinsgrove
02	03	04	05	06	07	08