

March	2023	Track Workouts	
13	Mon	Speed Ladder-200-300-400-800-400-	@ MH 5:30 pm
14	Tue	Easy 3	
15	Wed	D-Fartlek – 800m on – 800 off x 3	@ SMMS 6:00 pm
16	Thu	1000x3 800x3 600x3	@ SMMS 6:00 pm
17	Fri	<i>Recovery Rest</i>	
18	Sat	Tempo 10-25-10	
19	Sun	<i>Recovery Rest</i>	
20	Mon	Circuit 400m- Hill for Form 6	@ MH @ 5:30 pm
21	Tue	Easy 3	
22	Wed	1200-600-300 x 2 // 800-400-200 x 2	@ SMMS 6:00 pm
23	Thu	Agility-110 Relays-CORE	@ SMMS 6:00 pm
24	Fri	<i>Pre-meet-Warm up-Stretch-Striders</i>	
25	Sat	<i>USA Rockets Meet</i>	@ Montgomery HS SD
26	Sun	<i>Recovery Rest</i>	
		All Workouts to include:	Log your workout on a calendar
		Warm-up 1m/Stretch/Drills/Cool Down 1m	