



Mission San Jose Track and Field

Schedule



01/05-01/09	Pre-Season		Pre-Season	
	Wednesday (01/07)		Friday (01/09)	
Warm Up	3:45 PM	20 minutes warm up	3:45 PM	20 minutes warm up
Speed/Technique	4:05 PM	3 - Stairs speed drill 3 - 20m rollover sprints	4:05 PM	3 - Single leg hops (5 hops) 3 - 20m rollover sprints
Aerobic Work	4:25 PM	1 - 1600 m run at 60% 400m pace	4:25 PM	2 - 800 m run at 65% 400m pace
Cool Down	4:45 PM	1 - Jog one lap on turf 1 - Static stretching	4:45 PM	1 - Skip jog on turf 1 - Static stretching
Practice End	5:05 PM		5:05 PM	

01/12-01/16	Pre-Season		Pre-Season	
	Wednesday (01/14)		Friday (01/16)	
Warm Up	3:45 PM	20 minutes warm up	3:45 PM	20 minutes warm up
Speed/Technique	4:05 PM	3 - Stairs speed drill 3 - In place leg cycle	4:05 PM	3 - Stairs speed drill 4 - 20m block starts
Aerobic Work	4:25 PM	1 - 1600 m run at 65% 400m pace	4:25 PM	3 - 600 m run at 75% 400m pace
Cool Down	4:45 PM	1 - Skip jog on turf barefoot 1 - Static stretching	4:45 PM	1 - Skip jog on turf 1 - Static stretching
Practice End	5:05 PM		5:05 PM	

01/19-01/23	Pre-Season		Pre-Season	
	Wednesday (01/21)		Friday (01/23)	
Warm Up	3:45 PM	20 minutes warm up	3:45 PM	20 minutes warm up
Speed/Technique	4:05 PM	3 - Stairs speed drill 3 - Double leg (7 hops)	4:05 PM	3 - Stairs speed drill 2 - Double leg (5 hops)
Aerobic Work	4:25 PM	1 - 1600 m run at 70% 400m pace	4:25 PM	3 - 600 m run at 75% 400m pace
Cool Down	4:45 PM	1 - Jog one lap on turf 1 - Static stretching	4:45 PM	1 - Skip jog on turf 1 - Static stretching
Practice End	5:05 PM		5:05 PM	

01/26-01/30	Pre-Season		Pre-Season	
	Wednesday (01/28)		Friday (01/30)	
Warm Up	3:45 PM	Track Meet	3:45 PM	
Speed/Technique	4:05 PM		4:05 PM	3 - Stairs speed drill
Aerobic Work	4:25 PM	1 - 1600 m run at 70% 400m pace	4:25 PM	3 - 800 m run at 75% 400m pace
Cool Down	4:45 PM	1 - Jog one lap on turf 1 - Static stretching	4:45 PM	1 - Skip jog on turf 1 - Static stretching
Practice End	5:05 PM		5:05 PM	