**Week # 3**

**Monday, May 11-**

**Daily Warm-up**

**2 x 150’s (80-85%)**

**3 x 300’s (80-85%)**

**Cool down**

**Lifting**

**Tuesday, May 12-**

**Daily Warm-up**

**Wickets- 3 times through (half group)**

**Starts- 3-4 starts (20 meters)**

**5 x 60 meters (95%)**

**Wednesday, May 13- (JV pre-meet/weather)**

**Daily Warm-up**

**Handoffs- 4 x 100/ 4 x 200**

**6 x 30’s (power stance) 95%**

**3 sleds (30 meters)**

**Lifting**

**Thursday, May 14- (JV Meet/weather)**

**Daily Warm-up**

**Handoffs- Weather?**

**Handoffs/Blocks**

**10 x 80 yards (grass or turf runs) 75% (60 seconds rest)**

**Friday, May 15-**

**Daily Warm-up**

**Starts/Handoffs**