**Week # 2 (March 5 thru March 9)**

**Monday, March 4**

Daily Warmup

2 Accelerators

6 x 200’s (80-85%) with 3-4 minutes rest

Cool down

**Tuesday, March 5**

Daily Warmup

Handoffs 4 x 100

Wickets 3 x 2 (three times thru)

3 x 2 (50 meters)1st set 3 min rest, second set 5 minutes rest

Cool Down- Lift

**Wednesday, March 6**

Daily Warmup

Handoffs 4 x 200

2 x 4 (30 meter) Sleds (95%)

2 x 40 meters (3 point stance at 90%)

1 x 100 meter (Full Speed)

Cool Down

**Thursday, March 7**

Daily Warmup

Hurdle Mobilty

Blocks

Grass Run (8 x 80 yards) at 75-80% with 60 seconds rest

**Friday, March 8**

Pre-Meet

Handoffs, starts, cool down