

# January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p><b>NOTES:</b> Practice begins on January 25, 2010. The first 5 weeks will be our Base period where we will focus on building base speed and endurance. We will then move into the Preparation phase where the focus will be on building strength and adding more speed. Finally, we will begin the Peak phase where the goal is Speed, Speed, and more Speed. In addition to the three key phases, our training program will also include active recovery periods designed to help the athletes progress throughout the season.</p>					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
						REGISTRATION - TENTATIVE
24	25	26	27	28	29	30
REGISTRATION – TENTATIVE	<b>FIRST PRACTICE</b> Riley Field 6 – 7:15 PM	No Practice		Practice – Riley Field 6 – 7:15 PM		Practice – Riley Field 9 – 10:30 AM
31	<p><b>Additional Notes:</b> Although this is Spring Track, it will be COLD, RAINY, and DARK in the beginning. We promise the sun will come and it will get warm. During the early weeks, please make sure the athletes dress in layers as the only reason practices are cancelled is due to lightening. In other words, we'll be running regardless of the weather.</p>					

# 2010

Base Period

Preparation

Peak

# February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Practice – Riley Field 6 – 7:15 PM	2 No Practice	3	4 Practice – Riley Field 6 – 7:15 PM	5	6 Practice – Riley Field 9 – 10:30 AM
7	8 Practice – Riley Field 6 – 7:15 PM	9 Optional Practice – Relays & Field Events Riley Field 6 – 7 PM	10	11 <b>Time Trials Riley Field 6 – 7:15 PM</b>	12	13 Practice – Riley Field 9 – 10:30 AM
14	15 Practice – Riley Field 6 – 7:15 PM (WINTER BREAK)	16 NO PRACTICE (WINTER BREAK)	17 (WINTER BREAK)	18 Practice – Riley Field 6 – 7:15 PM (WINTER BREAK)	19 (WINTER BREAK)	20 Practice – Riley Field 9 – 10:30 AM
21	22 Practice – Riley Field 6 – 7:15 PM	23 Optional Practice – Relays & Field Events Riley Field 6 – 7 PM	24	25 Practice – Riley Field 6 – 7:15 PM	26	27 Kedron Heart-to- Heart 5k Road Race
28						

# 2010

Base Period

Preparation

Peak

Recovery

# March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Practice – Riley Field 6 – 7:15 PM	2 Optional Practice – Riley Field 6 – 7 PM	3	4 Practice – Riley Field 6 – 7:15 PM	5	6 <b>Meet #1 – Location TBD</b>
7	8 Practice – Riley Field 6 – 7:15 PM	9 Optional Practice – Riley Field 6 – 7 PM	10	11 Practice – Riley Field 6 – 7:15 PM	12	13 <b>Meet #2 – Location TBD</b>
14	15 Practice – Riley Field 6 – 7:15 PM	16 Optional Practice – Riley Field 6 – 7 PM	17	18 Practice – Riley Field 6 – 7:15 PM	19	20 <b>Meet #3 – Location TBD</b>
21	22 Practice – Riley Field 6 – 7:15 PM	23 Optional Practice – Riley Field 6 – 7 PM	24	25 Practice – Riley Field 6 – 7:15 PM	26	27 <b>Meet #4 – Location TBD</b>
28	29 Practice – Riley Field 6 – 7:15 PM	30 Practice – Riley Field 6 – 7:15 PM	31			

# 2010

Base Period

Preparation

Peak

# April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Notes:</b> During the Peak period, we have deleted the "Optional" from the Tuesday practices in an effort to help the kids get ready for the District meet and State Championship.				1 Practice – Riley Field 6 – 7:15 PM	2	3 <b>Meet #5 – Location TBD</b>
4	5 Practice – Riley Field 6 – 7:15 PM (SPRING BREAK)	6 NO PRACTICE (SPRING BREAK)	7 (SPRING BREAK)	8 Practice – Riley Field 6 – 7:15 PM (SPRING BREAK)	9 (SPRING BREAK)	10 <b>Meet #6 – Location TBD</b>
11	12 Practice – Riley Field 6 – 7:15 PM	13 Practice – Riley Field 6 – 7:15 PM	14	15 Practice – Riley Field 6 – 7:15 PM	16	17 Practice – Riley Field 9 – 10:30 AM
18	19 Practice – Riley Field 6 – 7:15 PM	20 Practice – Riley Field 6 – 7:15 PM	21	22 NO PRACTICE	23 <b>District Championship – Location TBD</b>	24 <b>District Championship – Location TBD</b>
25	26 Practice – Riley Field 6 – 7:15 PM	27 Practice – Riley Field 6 – 7:15 PM	28	29 Practice – Riley Field 6 – 7:15 PM	30	

# 2010

Base Period

Preparation

Peak

**May**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 <b>State Meet – Augusta GA</b>
2 <b>State Meet – Augusta GA</b>	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**2010**