

2020-21 Indoor Track & Field Practice Schedule

Monday, November 30, 2020 - Friday, February 26, 2021



Sprinters

Description	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location	OYO	Solon High School	Solon High School	Solon High School	Solon High School	Solon High School	Solon High School
Activity	Rest	Hallway sprint workout	Hurdles & Lifting	Hallway sprint Workout	Hurdles & Lifting	Hallway sprint Workout	Hurdles
Group: Time	No official team practice	Blue: 3:00-4:15 p White: 4:15-5:30 p	Hurdles: 3:00-4:15 Blue & White lifting: 6:15 - 7:15 p	Blue: 3:00-4:15 p White: 4:15-5:30 p	Hurdles: 3:00-4:15 Blue & White lifting: 6:15 - 7:15 p	Blue: 3:00-4:15 p White: 4:15-5:30 p	Hurdles: 9:00-10:00 a

Distance

Description	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location	South Chagrin Shelter House	Solon High School pool pad	Solon High School weight room	Solon High School pool pad	OYO	OYO	OYO
Activity	Long run	Hill workout	Lifting	Interval workout	Steady state run or optional intervals	Steady state run or optional intervals	Steady state run or optional intervals
Group: Time	Distance: 9:00-11:00 a	Distance: 4:30 - 6:00 p	Distance: 4:00-4:45 p	Distance: 4:30 - 6:00 p	No official team practice	No official team practice	No official team practice

Throwers

Description	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location	OYO	Roxbury Elementary School	Solon High School	Roxbury Elementary School	Solon High School	Roxbury Elementary School	OYO
Activity	Rest	Throws	Hurdles & Lifting	Throws	Hurdles & Lifting	Throws	Rest
Group: Time	No official team practice	Throwers: TBA	Hurdles: 3:00-4:15 Blue & White lifting: 6:15 - 7:15 p	Throwers: TBA	Hurdles: 3:00-4:15 Blue & White lifting: 6:15 - 7:15 p	Throwers: TBA	No official team practice

