

San Francisco Track & Field Club

2006 WORKOUTS: MAY 21 - JUNE 8 @ 90%

Practice is 10AM Sunday @ Perf.Arts School (McAteer): O'Shaunnessy/Portola and 6:30 PM Tues/Thurs @ Kezar Stadium.

NEXT FUNDRAISER: June 18 @ 440 Castro / NEXT MEET: PA Championships @ SacStateU, July 1

| DATE | SPRINTS | 400M |
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| SUN> 5/21 | 100m drills 4xjog/sprint (alternative curve/straightaway) 25 situps btwn each lap | 100m drills 4xjog/sprint (alternative curve/straightaway) 25 situps btwn each lap |
| TUES> 5/23 | 100m drills 400/300/200/100/50 | 100m drills 500/400/300/200/100 |
| THUR> 5/25 | Run to Stow Lake 2xStrawberry Hill 100m drills | Run to Stow Lake 3xStrawberry Hill 100m drills |
| SUN> 5/28 MEET @ Perf. Arts School/McAteer THIS SUNDAY ONLY! | 100m drills/except 150m Butt kicks 3xHill loop 2x150 build 2x100 build | 100m drills/except 150m Butt kicks 3xHill loop 2x250 build (work coming out of the curve) Relay exchanges |
| TUES> 5/30 HAPPY BIRTHDAY Andy Bundy! | 100m drills 400/200/300 200/100 | 100m drills 500/300/400 300/200 |
| THUR> 6/1 | Run to Stow Lake 2xStrawberry Hill 100m drills or 3x400 track/UpperRing loop | Run to Stow Lake 3xStrawberry Hill 100m drills or 4x400 track/UpperRing loop |
| SUN> 6/4 | 100m drills & 3x hill sprint 2x200 in relay 2x200 in relay (switch teams) Blocks/relay handoffs | 100m drills & 3x hill sprint 2x200 in relay 2x200 in relay (switch teams) Blocks/relay handoffs |
| TUES> 6/6 | 100m drills 2x300 2x200 2x100 | 100m drills 2x400 2x300 2x200 |
| THUR> 6/8 HAPPY BIRTHDAY Joey Z! 6/9 | 100m drills 400/300/200/100/50 (100m walk betwn ea) | 100m drills 500/400/300/200/100 (100m walk betwn ea) |