

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
	Daily Routines Daily Setup Safety Throwing Concepts Relays	Sprinters W/U Discus Basics Weight #1	Sprinters W/U Shot Basics Clean Drills 6 Min Core Core Twist 3 x 50 yard Relays	Sprinters W/U Discus Basics Weight #2	Sprinters W/U Shot Basics Clean Drills 6 Min Core Core Twist 3 x 50 yard Relays	Sprinters W/U Discus Basics Weight #3
15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
	Sprinters W/U Shot Stand Throws Weight #4	Sprinters W/U Discus Stand Throws Clean Drills 6 Min Core Core Twist Obstacle Relays	Sprinters W/U Shot Stand Throws Weight #5	Parent Meeting 5:30 Sprinters W/U Discus Stand Throws Clean Drills 6 Min Core Core Twist 2 x 50 yard Relays	Sprinters W/U Shot Stand Throws Weight #6	Sprinters W/U Discus Stand Throws Obstacle Relays
22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
	Sprinters W/U Shot Stand Throws Step Thru Drills Weight #7	Sprinters W/U Discus Stand Throws Wheel Drills Clean Drills 6 Min Core Core Twist 3 x 50 yard Relays	Sprinters W/U Shot Stand Throws Step Thru Drills Weight #8	Sprinters W/U Discus Stand Throws Wheel Drills Clean Drills 6 Min Core Core Twist 3 x 50 yard Relays	Team Testing	Sprinters W/U Discus Stand Throws Wheel Drills Relays Weight #9

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill	Sprinters W/U Discus Stand Throws Wheel Drills South African Clean Drills 6 min core & twist 3 x 50 yard Relays	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill	Sprinters W/U Discus Stand Throws Wheel Drills South African Clean Drills 6 min core & twist Hill Sprints x 4	Red vs Blue	Sprinters W/U Discus Stand Throws Wheel Drills South African Weight #12
8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #13	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Clean Drills 6 min core & twist 3 x 50 yard Relays	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #14	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Clean Drills 6 min core & twist Hill Sprints x 4	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #15	San Rafael Relays sprint/distance East Bay Invite Monte Vista Throws/Jumps
15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Clean Drills 6 min core & twist Weight #1	Sprinters W/U Discus Stand Throws Wheel Drills South African Full 3 x 50 yard Relays	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Clean Drills 6 min core & twist Weight #2	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Hill Sprints x 4	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Clean Drills 6 min core & twist Weight #3	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Dublin Distance Fiesta Weight #3
22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
	Sprinters W/U Discus Shot Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #4	Sprinters W/U Discus Shot	DFAL Meet Campo	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Weight #5	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Clean Drills 6 min core & twist 4 x 40 yard Relays	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Weight #6

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Mar	30-Mar	31-Mar	1-Apr	2-Apr	3-Apr	4-Apr
	Spring Break Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #7	Spring Break Sprinters W/U Discus Stand Throws Wheel Drills South African Full Clean Drills 6 min core & twist 4 x 40 yard Relays	Spring Break Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #8	Spring Break Sprinters W/U Discus Stand Throws Wheel Drills South African Full Clean Drills 6 min core & twist Hill Sprints x 4	Stanford Invite Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #9	Stanford Invite Sprinters W/U Discus Stand Throws Wheel Drills South African Full Obstacle Relays
5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr
	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #10	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Weight 3 Clean Drills 6 min core & twist 4 x 30 yard Relays	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #11	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Weight 3 Clean Drills 6 min core & twist Hill Sprints x 4	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #12	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Weight 3 Halden Invite Davis Obstacle Relays
12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr
	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #13	Sprinters W/U Discus Shot	DFAL Meet Miramonte	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Clean Drills 6 min core & twist Weight #14	Mt SAC Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate	Mt SAC Sprinters W/U Discus Stand Throws Wheel Drills South African Full Weight #15
19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr	25-Apr
	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate	Sprinters W/U Discus Shot	DFAL Meet Las Lomas	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Weight #7	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Clean Drills 6 min core & twist 4 x 30 yard Relays	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Weight #8

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	1-May	2-May
	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #9	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Clean Drills 6 min core & twist 4 x 30 yard Relays	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #10	Sprinters W/U Discus Stand Throws Wheel Drills South African Full	Bob Warren Acalanes	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Weight #11
3-May	4-May	5-May	6-May	7-May	8-May	9-May
	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Weight #12	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Clean Drills 6 min core & twist 4 x 30 yard Relays	DFAL Meet Dougherty	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Weight #13	Sprinters W/U Shot Stand Throws Step Thru Drills A Drill/Wheel Drill Glide/Rotate Clean Drills 6 min core & twist Obstacle Relays	Sprinters W/U Discus Stand Throws Wheel Drills South African Full Weight #14
10-May	11-May	12-May	13-May	14-May	15-May	16-May
	Sprinters W/U Shot Discus Weight #15	DFAL Frosh/Soph Championships Campo	DFAL Varsity Championships Trials Campo	Sprinters W/U Shot Discus	DFAL Varsity Championships Finals Campo	Sprinters W/U Shot Discus Weight #14
17-May	18-May	19-May	20-May	21-May	22-May	23-May
	Sprinters W/U Shot Discus	Sprinters W/U Shot Discus	Sprinters W/U Shot Discus Weight #15	Sprinters W/U Shot Discus	Sprinters W/U Shot Discus	NCS Tri Valley Championships Amador
24-May	25-May	26-May	27-May	28-May	29-May	30-May
	Sprinters W/U Shot Discus Full x 5 (85%) Weight #15	Sprinters W/U Shot Discus Full x 5 (85%)	Sprinters W/U Shot Discus Full x 3 (85%)	Sprinters W/U Shot Discus Full x 3 (85%)	MOC Trials Berkeley	MOC Finals Berkeley

June

31-May	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun
	Sprinters W/U Shot Discus	Awards Night Sprinters W/U Shot Discus	Sprinters W/U Shot Discus		CIF State Championships Fresno	CIF State Championships Fresno
	Full x 5 (85%)	Full x 5 (85%)	Full x 3 (85%)			
	Weight #15					