February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
8-Feb	0 Fab	10-Feb	11-Feb	12 Fab	13-Feb	14-Feb
8-Feb	9-Feb	Sprinters W/U	Sprinters W/U	12-Feb Sprinters W/U	Sprinters W/U	Sprinters W/U
		Discus Basics	Shot Basics	Discus Basics	Shot Basics	Discus Basics
	Daily Routines	2.000.0 200.00	0.110 (2 (10) (10)	21000.00	0.100 2 40.100	2.0000 200.00
	Daily Setup					
	Safety					
	Throwing Concepts		Clean Drills		Clean Drills	
			6 Min Core		6 Min Core	
	Relays		Core Twist		Core Twist	
45 Fab	1C F-h	Weight #1	3 x 50 yard Relays	Weight #2	3 x 50 yard Relays	Weight #3
15-Feb	16-Feb Sprinters W/U	17-Feb Sprinters W/U	18-Feb Sprinters W/U	19-Feb Parent Meeting 5:30	20-Feb Sprinters W/U	21-Feb Sprinters W/U
	Shot	Discus	Shot	Sprinters W/U	Shot	Discus
	Stand Throws	Stand Throws	Stand Throws	Discus	Stand Throws	Stand Throws
	Stand Tinows	Stand Timows	Stand Imows	Stand Throws	Stand Imows	Staria Tirrows
		Clean Drills		Clean Drills		
		6 Min Core		6 Min Core		
		Core Twist		Core Twist		Obstacle Relays
22.5.1	Weight #4	Obstacle Relays	Weight #5	2 x 50 yard Relays	Weight #6	20.5.1
22-Feb	23-Feb Sprinters W/U	24-Feb Sprinters W/U	25-Feb Sprinters W/U	26-Feb Sprinters W/U	27-Feb	28-Feb Sprinters W/U
	Shot	Discus	Shot	Discus	Team Testing	Discus
	Stand Throws	Stand Throws	Stand Throws	Stand Throws		Stand Throws
	Step Thru Drills	Wheel Drills	Step Thru Drills	Wheel Drills		Wheel Drills
			2306 20			
		Clean Drills		Clean Drills		
		6 Min Core		6 Min Core		Relays
		Core Twist		Core Twist		
	Weight #7	3 x 50 yard Relays	Weight #8	3 x 50 yard 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	Sprinters W/U	Sprinters W/U	Sprinters W/U	Red vs Blue	Sprinters W/U
	Shot	Discus	Shot	Discus		Discus
	Stand Throws	Stand Throws	Stand Throws	Stand Throws		Stand Throws
	Step Thru Drills	Wheel Drills	Step Thru Drills	Wheel Drills		Wheel Drills
	A Drill/Wheel Drill	South African	A Drill/Wheel Drill	South African		South African
		Clean Drills		Clean Drills		
		6 min core & twist		6 min core & twist		
	Weight #10	3 x 50 yard Relays	Weight #11	Hill Sprints x 4		Weight #12
8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U	San Rafael
	Shot	Discus	Shot	Discus	Shot	Relays
	Stand Throws	Stand Throws	Stand Throws	Stand Throws	Stand Throws	sprint/distance
	Step Thru Drills	Wheel Drills	Step Thru Drills	Wheel Drills	Step Thru Drills	
	A Drill/Wheel Drill	South African	A Drill/Wheel Drill	South African	A Drill/Wheel Drill	East Bay Invite
	Glide/Rotate	Full	Glide/Rotate	Full	Glide/Rotate	Monte Vista
		Clean Drills		Clean Drills		Throws/Jumps
		6 min core & twist		6 min core & twist		
	Weight #13	3 x 50 yard Relays	Weight #14	Hill Sprints x 4	Weight #15	
15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U
	Shot	Discus	Shot	Discus	Shot	Discus
	Stand Throws	Stand Throws	Stand Throws	Stand Throws	Stand Throws	Stand Throws
	Step Thru Drills	Wheel Drills	Step Thru Drills	Wheel Drills	Step Thru Drills	Wheel Drills
	A Drill/Wheel Drill	South African	A Drill/Wheel Drill	South African	A Drill/Wheel Drill	South African
	Glide/Rotate	Full	Glide/Rotate	Full	Glide/Rotate	Full
	Clean Drills		Clean Drills		Clean Drills	Dublin Distance
	6 min core & twist		6 min core & twist		6 min core & twist	Fiesta
	Weight #1	3 x 50 yard Relays	Weight #2	Hill Sprints x 4	Weight #3	Weight #3
22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
	Sprinters W/U	Sprinters W/U	DFAL Meet	Sprinters W/U	Sprinters W/U	Sprinters W/U
	Discus	Discus	Campo	Discus	Shot	Discus
	Shot	Shot		Stand Throws	Stand Throws	Stand Throws
	Step Thru Drills			Wheel Drills	Step Thru Drills	Wheel Drills
	A Drill/Wheel Drill			South African	A Drill/Wheel Drill	South African
	Glide/Rotate			Full	Glide/Rotate	Full
					Clean Drills	
					6 min core & twist	
	Weight #4			Weight #5	4 x 40 yard Relays	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	Spring Break	Spring Break	Spring Break	Stanford Invite	Stanford Invite
	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U
	Shot	Discus	Shot	Discus	Shot	Discus
	Stand Throws	Stand Throws	Stand Throws	Stand Throws	Stand Throws	Stand Throws
	Step Thru Drills	Wheel Drills	Step Thru Drills	Wheel Drills	Step Thru Drills	Wheel Drills
	A Drill/Wheel Drill	South African	A Drill/Wheel Drill	South African	A Drill/Wheel Drill	South African
	Glide/Rotate	Full	Glide/Rotate	Full	Glide/Rotate	Full
		Clean Drills		Clean Drills		
		6 min core & twist		6 min core & twist		Obstacle Relays
	Weight #7	4 x 40 yard Relays	Weight #8	Hill Sprints x 4	Weight #9	
5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr
	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U
	Shot	Discus	Shot	Discus	Shot	Discus
	Stand Throws	Stand Throws	Stand Throws	Stand Throws	Stand Throws	Stand Throws
	Step Thru Drills	Wheel Drills	Step Thru Drills	Wheel Drills	Step Thru Drills	Wheel Drills
	A Drill/Wheel Drill	South African	A Drill/Wheel Drill	South African	A Drill/Wheel Drill	South African
	Glide/Rotate	Full	Glide/Rotate	Full	Glide/Rotate	Full
		Weight 3		Weight 3		Weight 3
		Clean Drills		Clean Drills		Halden Invite
		6 min core & twist		6 min core & twist		Davis
	Weight #10	4 x 30 yard Relays	Weight #11	Hill Sprints x 4	Weight #12	Obstacle Relays
12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr
					Mt SAC	Mt SAC
	Sprinters W/U	Sprinters W/U	DFAL Meet	Sprinters W/U	Sprinters W/U	Sprinters W/U
	Shot	Discus	Miramonte	Discus	Shot	Discus
	Stand Throws	Shot		Stand Throws	Stand Throws	Stand Throws
	Step Thru Drills			Wheel Drills	Step Thru Drills	Wheel Drills
	A Drill/Wheel Drill			South African	A Drill/Wheel Drill	South African
	Glide/Rotate			Full	Glide/Rotate	Full
				Clean Drills		
	Maiabt #12			6 min core & twist		\\\a:ab+ #1F
10 Apr	Weight #13	21 Apr	22 Apr	Weight #14	24 Apr	Weight #15
19-Apr	20-Apr Sprinters W/U	21-Apr Sprinters W/U	22-Apr DFAL Meet	23-Apr Sprinters W/U	24-Apr Sprinters W/U	25-Apr Sprinters W/U
	Shot	Discus	Las Lomas	Discus	Shot	Discus
	Stand Throws	Shot	Las LUIIIas	Stand Throws	Stand Throws	Stand Throws
	Step Thru Drills	JIIUL		Wheel Drills	Step Thru Drills	Wheel Drills
	A Drill/Wheel Drill			South African	A Drill/Wheel Drill	South African
	Glide/Rotate			Full	Glide/Rotate	Full
	Gilde/ Notate			i uli	Clean Drills	i uli
					6 min core & twist	
				Weight #7	4 x 30 yard Relays	Weight #8
				WEIGHT	- A 30 yaru Nelays	WEIGHT #O

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	Sprinters W/U	Sprinters W/U	Sprinters W/U	Bob Warren	Sprinters W/U
	Shot	Discus	Shot	Discus	Acalanes	Discus
	Stand Throws	Stand Throws	Stand Throws	Stand Throws		Stand Throws
	Step Thru Drills	Wheel Drills	Step Thru Drills	Wheel Drills		Wheel Drills
	A Drill/Wheel Drill	South African	A Drill/Wheel Drill	South African		South African
	Glide/Rotate	Full	Glide/Rotate	Full		Full
	·	Clean Drills	•			
		6 min core & twist				
	Weight #9	4 x 30 yard Relays	Weight #10			Weight #11
3-May	4-May	, , , , 5-May	6-May	7-May	8-May	9-May
1	Sprinters W/U	Sprinters W/U	DFAL Meet	Sprinters W/U	Sprinters W/U	Sprinters W/U
	Shot	Discus	Dougherty	Discus	Shot	Discus
	Stand Throws	Stand Throws	3 ,	Stand Throws	Stand Throws	Stand Throws
	Step Thru Drills	Wheel Drills		Wheel Drills	Step Thru Drills	Wheel Drills
	A Drill/Wheel Drill	South African		South African	A Drill/Wheel Drill	South African
	Glide/Rotate	Full		Full	Glide/Rotate	Full
	•	Clean Drills			Clean Drills	
		6 min core & twist			6 min core & twist	
	Weight #12	4 x 30 yard Relays		Weight #13	Obstacle Relays	Weight #14
10-May	11-May	12-May	13-May	14-May	15-May	16-May
,	Sprinters W/U	DFAL Frosh/Soph	DFAL Varsity	Sprinters W/U	DFAL Varsity	Sprinters W/U
	Shot	Championships	Championships	Shot	Championships	Shot
	Discus	Campo	Trials	Discus	Finals	Discus
			Campo		Campo	
			3 p3			
	Weight #15					Weight #14
17-May	18-May	19-May	20-May	21-May	22-May	23-May
	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U	NCS Tri Valley
	Shot	Shot	Shot	Shot	Shot	Championships
	Discus	Discus	Discus	Discus	Discus	Amador
			Weight #15			
24-May	25-May	26-May	27-May	28-May	29-May	30-May
	Sprinters W/U	Sprinters W/U	Sprinters W/U	Sprinters W/U	MOC Trials	MOC Finals
	Shot	Shot	Shot	Shot	Berkeley	Berkeley
	Discus	Discus	Discus	Discus		
l	Full x 5 (85%)	Full x 5 (85%)	Full x 3 (85%)	Full x 3 (85%)		
	Weight #15					

June

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