

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills
Throws	Throws	Throws	Throws	Throws	Throws
Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Obstacle Relay
17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Event Testing 9am-11am
Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills	Shot Put Drills	
Throws	Throws	Throws	Throws	Throws	Home
Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills
Throws	Throws	Throws	Throws	Throws	Throws
Weights x 6 Reps 95% effort last rep	Weights x 6 Reps 95% effort last rep	Weights x 6 Reps 95% effort last rep	Weights x 6 Reps 95% effort last rep	Weights x 6 Reps 95% effort last rep	Obstacle Relay

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Warm Up	Warm Up	Practice Meet	Warm Up	Warm Up	Warm Up
Shot Put Drills	Discus Drills	Vs	Shot Put Drills	Discus Drills	Discus Drills
Throws	Throws	College Park	Throws	Throws	Shot Put Drills
Weights x 5 Reps 95% effort last rep	Weights x 5 Reps 95% effort last rep	James Logan	Weights x 5 Reps 100% effort last rep	Weights x 5 Reps 100% effort last rep	Throws
		Home			Obstacle Relay
10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
Warm Up	Warm Up	Dal Meet	Warm Up	Warm Up	Warm Up
Shot Put Drills	Discus Drills	vs	Shot Put Drills	Discus Drills	Discus Drills
Throws	Throws	Miramonte	Throws	Throws	Shot Put Drills
Weights x 5 Reps 100% effort last rep	Weights x 5 Reps 75% effort last rep	Away	Weights x 5 Reps 100% effort last rep	Weights x 5 Reps 100% effort last rep	Throws
					Obstacle Relay
17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
Warm Up	Warm Up	DAL Meet	Warm Up	Warm Up	Distance Fiesta
Shot Put Drills	Discus Drills	vs	Shot Put Drills	Discus Drills	Distance
Throws	Throws	Clayton Valley	Throws	Throws	Runners Only
Weights x 4 Reps 100% effort last rep	Weights x 5 Reps 75% effort last rep	Home	Weights x 4 Reps 100% effort last rep	Weights x 4 Reps 100% effort last rep	Discus/Shot Put
					Obstacle Relay
24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
Warm Up	Warm Up	DAL Meet	Warm Up	Warm Up	Bay Area
Shot Put Drills	Discus Drills	vs	Shot Put Drills	Discus Drills	Relays
Throws	Throws	North Gate	Throws	Throws	Select
Weights x 4 Reps 100% effort	Weights x 4 Reps 75% effort	Home	Weights x 4 Reps 100% effort	Weights x 4 Reps 100% effort	Athletes
					Pleasanton
31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Stan. Inv.
Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills	Shot Put Drills	WC Relays
Throws	Throws	Throws	Throws	Throws	Select
Weights	Weights	Weights	Weights	Weights	Athletes
De-load 8 reps	De-load 8 reps	De-load 8 reps	De-load 8 reps	De-load 8 reps	Clovis/Stan.

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
Discus Drills	Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills	Shot Put Drills
Throws	Throws	Throws	Throws	Throws	Throws
Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Obstacle Relay
14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
Warm Up	Warm Up	DAL Meet	Warm Up	Warm Up	Warm Up
Discus Drills	Shot Put Drills	vs	Discus Drills	Shot Put Drills	Discus Drills
Throws	Throws	Las Lomas	Throws	Throws	Throws
Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 75% effort	Home	Weights x 8 Reps 90% effort last rep	Weights x 8 Reps 90% effort last rep	Obstacle Relay
21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
Warm Up	Warm Up	DAL Meet	Warm Up	Warm Up	Warm Up
Shot Put Drills	Discus Drills	vs	Shot Put Drills	Discus Drills	Shot Put Drills
Throws	Throws	Acalanes	Throws	Throws	Throws
Weights x 6 Reps 90% effort last rep	Weights x 6 Reps 75% effort	Away	Weights x 5 Reps 100% effort last rep	Weights x 5 Reps 100% effort last rep	Obstacle Relay
28-Apr	29-Apr	30-Apr	1-May	2-May	3-May
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	DAL
Discus Drills	Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills	Championships
Throws	Throws	Throws	Throws	Throws	Trials
Weights x 5 Reps 100% effort last rep	Weights x 5 Reps 100% effort last rep	Weights x 5 Reps 85% effort last rep	Weights x 5 Reps 85% effort last rep	Shot Put Drills Throws	Home

May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-May	6-May	7-May	8-May	9-May	10-May
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	DAL
Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills	Shot Put Drills	Championships
Throws	Throws	Throws	Throws	Throws	Finals
Weights x 5 Reps 100% effort last rep	Weights x 5 Reps 100% effort last rep	Weights x 5 Reps 85% effort last rep	Weights x 5 Reps 85% effort last rep	Discus Drills Throws	Home
12-May	13-May	14-May	15-May	16-May	17-May
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Tri-Valley
Discus Drills	Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills	Championships
Throws	Throws	Throws	Throws	Throws	TBA
Weights x 4 Reps 100% effort last rep	Weights x 4 Reps 100% effort last rep	Weights x 4 Reps 85% effort last rep	Weights x 4 Reps 85% effort last rep	Shot Put Drills Throws	
19-May	20-May	21-May	22-May	23-May	24-May
Warm Up	Warm Up	Warm Up	Warm Up	NCS MOC	NCS MOC
Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills	Championships	Championships
Throws	Throws	Throws	Shot Put Drills	Trials & Finals	Trials & Finals
Weights x 3 Reps 100% effort last rep	Weights x 3 Reps 100% effort last rep	Weights x 4 Reps 85% effort last rep	Throws 85% effort last rep	Dublin	Dublin
26-May	27-May	28-May	29-May	30-May	31-May
Warm Up	Warm Up	Warm Up	Warm Up	CIF State	CIF State
Discus Drills	Shot Put Drills	Discus Drills	Shot Put Drills	Championships	Championships
Throws	Throws	Throws	Discus Drills	Trials & Finals	Trials & Finals
Weights x 3 Reps 100% effort last rep	Weights x 3 Reps 100% effort last rep	Weights x 3 Reps 85% effort last rep	Throws 85% effort last rep	Clovis	Clovis