Mondov	Tuesday	i CNIM Modeoodov	•	Friday	Coturdou
Monday 10-Feb	Tuesday 11-Feb	Wednesday 12-Feb	Thursday 13-Feb	Friday 14-Feb	Saturday 15-Feb
Warm Up Shot Put Drills	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
	Discus Drills	Shot Put Drills	Discus Drills	Shot Put Drills	Discus Drills
Throws	Throws	Throws	Throws	Throws	Throws
Weights x 8 Reps	Weights x 8 Reps	Weights x 8 Reps	Weights x 8 Reps	Weights x 8 Reps	Obstacle Relay
90% effort last rep 17-Feb	90% effort last rep	90% effort last rep	90% effort last rep	90% effort last rep	22-Feb
	18-Feb	19-Feb	20-Feb	21-Feb	
Warm Up	Warm Up	Warm Up	Warm Up Discus Drills	Warm Up	Event Testing
Shot Put Drills	Discus Drills	Shot Put Drills		Shot Put Drills	9am-11am
Throws	Throws	Throws	Throws	Throws	Heree
Weights x 8 Reps	Weights x 8 Reps	Weights x 8 Reps	Weights x 8 Reps	Weights x 8 Reps	Home
90% effort last rep	90% effort last rep	90% effort last rep	90% effort last rep	90% effort last rep	4 84-1
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	Weights x 6 Reps	Weights x 6 Reps	Weights x 6 Reps	Weights x 6 Reps	Obstacle Relay
95% effort last rep	95% effort last rep	95% effort last rep	95% effort last rep	95% effort last rep	
		Mar	-		
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	Weights x 5 Reps	James Logan	Weights x 5 Reps	Weights x 5 Reps	Throws
95% effort last rep	95% effort last rep	Home	100% effort last rep	100% effort last rep	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	Weights x 5 Reps	Away	Weights x 5 Reps	Weights x 5 Reps	Throws
100% effort last rep	75% effort last rep	40.04	100% effort last rep	100% effort last rep	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 Charles Malla	Shot Put Drills	Discus Drills	Distance
Throws	Throws	Clayton Valley	Throws	Throws	Runners Only
Weights x 4 Reps	Weights x 5 Reps	Home	Weights x 4 Reps	Weights x 4 Reps	Discus/Shot Put
100% effort last rep	75% effort last rep	26 Mar	100% effort last rep	100% effort last rep	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 Throws	Discus Drills	VS North Cata	Shot Put Drills	Discus Drills	Relays
L D L O M C	Throws	North Gate	Throws	Throws Weights x 4 Reps	Select
		1 Lances a		Weights v 4 Rens	Athletes
Weights x 4 Reps	Weights x 4 Reps	Home	Weights x 4 Reps	. .	
Weights x 4 Reps 100% effort	Weights x 4 Reps 75% effort		100% effort	100% effort	Pleasanton
Weights x 4 Reps 100% effort 31-Mar	Weights x 4 Reps 75% effort 1-Apr	2-Apr	100% effort 3-Apr	100% effort 4-Apr	Pleasanton 5-Apr
Weights x 4 Reps 100% effort 31-Mar Warm Up	Weights x 4 Reps 75% effort 1-Apr Warm Up	2-Apr Warm Up	100% effort 3-Apr Warm Up	100% effort 4-Apr Warm Up	Pleasanton 5-Apr Stan. Inv.
Weights x 4 Reps 100% effort 31-Mar Warm Up Shot Put Drills	Weights x 4 Reps 75% effort 1-Apr Warm Up Discus Drills	2-Apr Warm Up Shot Put Drills	100% effort 3-Apr Warm Up Discus Drills	100% effort 4-Apr Warm Up Shot Put Drills	Pleasanton 5-Apr Stan. Inv. WC Relays
Weights x 4 Reps 100% effort 31-Mar Warm Up Shot Put Drills Throws	Weights x 4 Reps 75% effort 1-Apr Warm Up Discus Drills Throws	2-Apr Warm Up Shot Put Drills Throws	100% effort 3-Apr Warm Up Discus Drills Throws	100% effort 4-Apr Warm Up Shot Put Drills Throws	Pleasanton 5-Apr Stan. Inv. WC Relays <i>Select</i>
Weights x 4 Reps 100% effort 31-Mar Warm Up Shot Put Drills	Weights x 4 Reps 75% effort 1-Apr Warm Up Discus Drills	2-Apr Warm Up Shot Put Drills	100% effort 3-Apr Warm Up Discus Drills	100% effort 4-Apr Warm Up Shot Put Drills	Pleasanton 5-Apr Stan. Inv. WC Relays

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	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	Weights x 8 Reps	Weights x 8 Reps	Weights x 8 Reps	Weights x 8 Reps	Obstacle Relay
90% effort last rep	90% effort last rep	90% effort last rep	90% effort last rep	90% effort last rep	
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	Weights x 8 Reps	Home	Weights x 8 Reps	Weights x 8 Reps	Obstacle Relay
90% effort last rep	75% effort		90% effort last rep	90% effort last rep	,
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	Weights x 6 Reps	Away	Weights x 5 Reps	Weights x 5 Reps	Obstacle Relay
90% effort last rep	75% effort	,	100% effort last rep	100% effort last rep	o botacie rielay
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	Weights x 5 Reps	Weights x 5 Reps	Weights x 5 Reps	Shot Put Drills	Home
100% effort last rep	100% effort last rep	85% effort last rep	85% effort last rep	Throws	nome
100% enort last rep	100% enort last rep	•	•	1110005	
		Ma	У		
IVIANASV	Tuesday	Made a adam	Thursday	Fuiday	Cotundou
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-May	6-May	7-May	8-May	9-May	10-May
5-May Warm Up	6-May Warm Up	7-May Warm Up	8-May Warm Up	9-May Warm Up	10-May DAL
5-May Warm Up Shot Put Drills	6-May Warm Up Discus Drills	7-May Warm Up Shot Put Drills	8-May Warm Up Discus Drills	9-May Warm Up Shot Put Drills	10-May DAL Championships
5-May Warm Up Shot Put Drills Throws	6-May Warm Up Discus Drills Throws	7-May Warm Up Shot Put Drills Throws	8-May Warm Up Discus Drills Throws	9-May Warm Up Shot Put Drills Throws	10-May DAL Championships Finals
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps	6-May Warm Up Discus Drills Throws Weights x 5 Reps	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps	8-May Warm Up Discus Drills Throws Weights x 5 Reps	9-May Warm Up Shot Put Drills Throws Discus Drills	10-May DAL Championships
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep	9-May Warm Up Shot Put Drills Throws Discus Drills Throws	10-May DAL Championships Finals Home
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May	10-May DAL Championships Finals Home 17-May
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up	10-May DAL Championships Finals Home 17-May Tri-Valley
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills	10-May DAL Championships Finals Home 17-May
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws	10-May DAL Championships Finals Home 17-May Tri-Valley Championships
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills	10-May DAL Championships Finals Home 17-May Tri-Valley
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep 19-May	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep 20-May	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep 21-May	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 22-May	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws 23-May	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA 24-May
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep 19-May Warm Up	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep 20-May Warm Up	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep 21-May Warm Up	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 22-May Warm Up	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws 23-May NCS MOC	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA 24-May NCS MOC
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep 19-May Warm Up Shot Put Drills	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep 20-May Warm Up Discus Drills	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep 21-May Warm Up Shot Put Drills	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 22-May Warm Up Discus Drills	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws Shot Put Drills Throws 23-May NCS MOC Championships	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA 24-May NCS MOC Championships
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep 19-May Warm Up Shot Put Drills Throws	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep 20-May Warm Up Discus Drills Throws	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep 21-May Warm Up Shot Put Drills Throws	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 22-May Warm Up Discus Drills Shot Put Drills	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws 23-May NCS MOC Championships Trials & Finals	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA 24-May NCS MOC Championships Trials & Finals
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep 19-May Warm Up Shot Put Drills Throws Weights x 3 Reps	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep 20-May Warm Up Discus Drills Throws Weights x 3 Reps	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep 21-May Warm Up Shot Put Drills Throws Weights x 4 Reps	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 22-May Warm Up Discus Drills Shot Put Drills Shot Put Drills	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws Shot Put Drills Throws 23-May NCS MOC Championships	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA 24-May NCS MOC Championships
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep 19-May Warm Up Shot Put Drills Throws Weights x 3 Reps 100% effort last rep	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep 20-May Warm Up Discus Drills Throws Weights x 3 Reps 100% effort last rep	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep 21-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 22-May Warm Up Discus Drills Shot Put Drills Throws 85% effort last rep	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws 23-May NCS MOC Championships Trials & Finals Dublin	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA 24-May NCS MOC Championships Trials & Finals Dublin
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep 19-May Warm Up Shot Put Drills Throws Weights x 3 Reps 100% effort last rep 26-May	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep 20-May Warm Up Discus Drills Throws Weights x 3 Reps 100% effort last rep 27-May	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep 21-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 28-May	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 22-May Warm Up Discus Drills Shot Put Drills Shot Put Drills Throws 85% effort last rep 29-May	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws Shot Put Drills Throws 23-May NCS MOC Championships Trials & Finals Dublin	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA 24-May NCS MOC Championships Trials & Finals Dublin 31-May
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep 19-May Warm Up Shot Put Drills Throws Weights x 3 Reps 100% effort last rep 26-May Warm Up	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep 20-May Warm Up Discus Drills Throws Weights x 3 Reps 100% effort last rep 27-May Warm Up	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep 21-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 28-May Warm Up	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 22-May Warm Up Discus Drills Shot Put Drills Throws 85% effort last rep 29-May Warm Up	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws Shot Put Drills Throws 23-May NCS MOC Championships Trials & Finals Dublin	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA 24-May NCS MOC Championships Trials & Finals Dublin 31-May CIF State
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep 19-May Warm Up Shot Put Drills Throws Weights x 3 Reps 100% effort last rep 26-May	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep 20-May Warm Up Discus Drills Throws Weights x 3 Reps 100% effort last rep 27-May	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep 21-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 28-May	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 22-May Warm Up Discus Drills Shot Put Drills Shot Put Drills Throws 85% effort last rep 29-May	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws Shot Put Drills Throws 23-May NCS MOC Championships Trials & Finals Dublin	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA 24-May NCS MOC Championships Trials & Finals Dublin 31-May
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep 19-May Warm Up Shot Put Drills Throws Weights x 3 Reps 100% effort last rep 26-May Warm Up	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep 20-May Warm Up Discus Drills Throws Weights x 3 Reps 100% effort last rep 27-May Warm Up	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep 21-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 28-May Warm Up	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 22-May Warm Up Discus Drills Shot Put Drills Throws 85% effort last rep 29-May Warm Up	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws Shot Put Drills Throws 23-May NCS MOC Championships Trials & Finals Dublin	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA 24-May NCS MOC Championships Trials & Finals Dublin 31-May CIF State
5-May Warm Up Shot Put Drills Throws Weights x 5 Reps 100% effort last rep 12-May Warm Up Discus Drills Throws Weights x 4 Reps 100% effort last rep 19-May Warm Up Shot Put Drills Throws Weights x 3 Reps 100% effort last rep 26-May Warm Up Discus Drills	6-May Warm Up Discus Drills Throws Weights x 5 Reps 100% effort last rep 13-May Warm Up Shot Put Drills Throws Weights x 4 Reps 100% effort last rep 20-May Warm Up Discus Drills Throws Weights x 3 Reps 100% effort last rep 27-May Warm Up Shot Put Drills	7-May Warm Up Shot Put Drills Throws Weights x 5 Reps 85% effort last rep 14-May Warm Up Discus Drills Throws Weights x 4 Reps 85% effort last rep 21-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 28-May Warm Up Discus Drills	8-May Warm Up Discus Drills Throws Weights x 5 Reps 85% effort last rep 15-May Warm Up Shot Put Drills Throws Weights x 4 Reps 85% effort last rep 22-May Warm Up Discus Drills Shot Put Drills Throws 85% effort last rep 29-May Warm Up Shot Put Drills	9-May Warm Up Shot Put Drills Throws Discus Drills Throws 16-May Warm Up Discus Drills Throws Shot Put Drills Throws Shot Put Drills Throws 23-May NCS MOC Championships Trials & Finals Dublin 30-May CIF State Championships	10-May DAL Championships Finals Home 17-May Tri-Valley Championships TBA 24-May NCS MOC Championships Trials & Finals Dublin 31-May CIF State Championships

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