

San Marino High School
Track and Field
Training Schedule
March 2010

W/U 3 laps A B C 6 striders 6X3 5 step 4x330 GV45-48 BV42-45	W/U 3 laps A B C 6 striders 8x2h starts discount Lift Upper	W/U 3 laps A B C 6 striders 6x200 BV 25-27 GV 28-30	W/U 3 laps A B C 6 striders 6X3h starts discount Lift upper	W/U 3 laps A B C 6 striders 6xHills	<i>Servite Invitational all day 7am- 6pm</i>
W/U 3 laps A B C 6 striders 6X200 IH/LH 1,2,3 Target Times	W/U 3 laps A B C 6 striders 6X3h starts discount lift upper	W/U 3 laps A B C 6 striders 6x150 discuss entries Target Times	@Gabrielino 3-6 pm	W/U 3 laps A B C 6 laps diagonals lift upper (10 min)	W/U 3 laps A B C 6 striders 10 minute run
W/U 3 laps A B C 6 striders 500/350/250/150 Target Times	W/U 3 laps A B C 6 striders 6X5stepx3h lift upper	W/U 3 laps A B C 6 striders 4x200 6,7,8 IH/LH Target Times	W/U 3 laps A B C 6 striders 6x3h discount lift upper	W/U 3 laps A B C 6 striders 4x3h IH/LH Target Times	<i>Bishop Amat Relays@Citrus College all day 6am-6pm</i>
W/U 3 laps A B C 3Xsegment 400 Target Times	W/U 3 laps A B C 6 striders 6x3h discount	W/U 3 laps A B C 6 striders 6x3h IH/LH	W/U 3 laps A B C 6 striders	<i>Titan Tech Relays @SMHS 5-10pm</i>	W/U 3 laps A B C 20 striders