

2019-2020

MCHS WINTER TRACK SCHEDULE

*****You must have a current sports physical to participate*****

MONDAY, DECEMBER 2 – THURSDAY, DECEMBER 19

- Strongly recommended for all cross country/distance runners
- Sprinters and throwers are welcome for some beginning conditioning
- Practice will be Monday, Tuesday, & Thursday, 3:20 – 5:00
- We will be doing a mixture of distance running & short sprints
- We will start some introductory plyometrics and sprint drills

TUESDAY, JANUARY 7 – THURSDAY, JANUARY 30

- **Mandatory** practice for all distance/cross country runners running track unless you are involved in a school-related winter sport. (Ex: Basketball, Swimming, Wrestling) Other runners/sprinters and jumpers are encouraged to come out for conditioning
- Practice will be Monday – Thursday, 3:20 – 5:00
- We will continue with primarily distance running, tempo runs, and short sprints, but we will add a few faster days and hills in periodically. We will also continue plyometrics and sprint drills.

○ **SATURDAY, FEBRUARY 1**

- UK Wildcat Classic Indoor Track Meet
- Going to this meet will be based on attendance at practice in December/January
- Since this is a highly competitive meet, some athletes may not compete if they are not up to that level

MONDAY, FEBRUARY 3

- **Mandatory** practice for anyone interested in running track. This now includes all sprinters, jumpers, and throwers. The only people exempt from practice are those involved in basketball, swimming, and wrestling
- Practice will be Monday – Friday from 3:20-5:15.

SPRING BREAK: MARCH 30-APRIL 3

- We will schedule a meet on Friday, March 27. That meet will be mandatory for all high school athletes.
- **Voluntary** practice for all athletes will be Monday, March 30-Wednesday, April 1
- Practice will be from 9:00-10:30 am at the track