



MARCH 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
MINOOKA JH TRACK & FIELD TP = Team Practice FE = Field Events / Hurdles R = Relays PV = Pole Vault Reminders: Your child must be at TP. Only those told by a coach should stay for FE/PV/R. After spring break coaches will provide individual practice schedules for field events. Additional Information: Calendars and additional info for the remainder of the season can be found on the track website. https://mjhs-track.weebly.com/ Maintenance Run: Easy Paces run on a soft surface to loosen the legs on your own	25 Maintenance Run & Stretch on your own	26 TP: 2:35 - 4:15 Parent Meeting (New athletes only) 4:15	27 TP: 2:35 - 4:15	28 TP: 2:35 - 4:15	29 TP: 2:35 - 4:15	1 No School Teacher Institute No Practice	2
	3 Maintenance Run & Stretch on your own	4 TP: 2:35 - 4:15	5 TP: 2:35 - 4:15	6 TP: 2:35 - 4:15	7 TP: 2:35 - 4:15	8 Distance & FE: 2:35 - 4:15	9
	10 Maintenance Run & Stretch on your own	11 TP: 2:35 - 4:15	12 TP: 2:35 - 4:15	13 TP: 2:35 - 4:15 FE: 4:15- 4:45	14 TP: 2:35 - 4:15	15 Distance & FE: 2:35 - 4:15	16
“Your training is 100% mental. Your body won’t go where your mind doesn’t push it.”	17 Maintenance Run & Stretch on your own	18 TP: 2:35 - 4:15	19 TP: 2:35 - 4:15	20 TP: 2:35 - 4:15 FE: 4:15- 4:45	21 TP: 2:35 - 4:15	22 Early Release No Practice	23
	24 Maintenance Run & Stretch on your own	25 Spring Break Complete workout on your own	26 Spring Break Complete workout on your own	27 Spring Break Complete workout on your own	28 Spring Break. Complete workout on your own	29 Spring Break Complete workout on your own	30