

Winter Break Track 2017

Do these things at least 3 times per week

- 1 - 15 min run (do a course that you can time yourself and get faster each time you run it)
- 2 - core drills (Ones we do at the track)
- 3 - Plyo drills (Ones we do during 6 period)

You should be able to do these at least 2 1/2 times during the 17 days off