

Jack Simpson Plan when Oval is Closed – Winter 2015-16

Here is a plan we believe will work to make for a safer training environment

Monday – Friday

Three Training Slots:

4:00pm – 5:15pm

5:15pm – 6:30pm

6:30pm – 7:45pm

North and South Straightaways – Lane 5-6 for hurdles and sprints

Oval – Lane 4 for running intervals

Each group is asked to sign up for training slots. They will be expected to complete their warmup and workout during that time period on the grey track. Any other work can be done before or after, where you can find space on the red.

This will facilitate groups going through their workout parts at the same time and avoid an overlap of different types of activities.

We ask that each coach confirms, which slot you would like to train for each of the days next week.

	Monday	Tuesday	Wednesday	Thursday	Friday
4:00pm – 5:15pm	Varsity/UCAC (RC) Varsity/UCAC(DM)	Varsity/UCAC(DM)	Varsity/UCAC (RC) Varsity/UCAC(DM)	Varsity/UCAC(DM)	Varsity/UCAC (RC) Varsity/UCAC(DM)
5:15pm – 6:30pm	UCAC (GDM) Spartans Caltaf (JL) Spartans (DS) Varsity/UCAC (DC) Caltaf (CL) Varsity/UCAC(DM) Varsity/UCAC(BV) 200m Spartans (TC)	Spartans Spartans (GR) Caltaf (CL) Varsity/UCAC(DM) Varsity/UCAC(BV)	Spartans Varsity/UCAC (DC) Spartans (DS) Varsity/UCAC(DM) 200m Spartans (TC)	UCAC (GDM) Spartans Spartans (GR) Varsity/UCAC(BV) Caltaf (CL)	UCAC (GDM) Spartans Spartans (GR) Varsity/UCAC(BV) Caltaf (CL)
6:30pm – 7:45pm	Spartans (JW) Caltaf (RB) Caltaf (JM) Caltaf (PS)	Dino Youth (AE) UCAC (GDM) Caltaf (JM)	Spartans (JW) Caltaf (JM) Varsity/UCAC(EK)	Dino Youth (AE) Caltaf (RB) Caltaf (JM)	
Outside		Varsity/UCAC (DL) Varsity/UCAC(MV/TC)		Varsity/UCAC (DL) Varsity/UCAC(MV/TC)	