

Outline St Albans Sprint Squad Plan March to May 2008

Sunday	Monday	Wednesday	Thursday	Saturday
02-Mar-08 Resistance 30m	03-Mar-08 Speed & Flexibility	05-Mar-08	06-Mar-08 Starts 60m/300m Racing	08-Mar-08
09-Mar-08 <i>Herts Indoor Champs</i>	10-Mar-08 Speed & Flexibility	12-Mar-08	13-Mar-08 Resistance Starts 150/100/50	15-Mar-08
16-Mar-08 Flying 40s 200m Race	17-Mar-08	19-Mar-08	20-Mar-08 Individualised Session	22-Mar-08 < Friday 21-Mar Herts Phoenix Open
23-Mar-08 100m, 400m Racing 100m, 200m Racing	24-Mar-08	26-Mar-08	27-Mar-08 Overspeed Runs 2 x 150m	29-Mar-08
30-Mar-08 Individualised Session	31-Mar-08	02-Apr-08	03-Apr-08 3 x 400m - pattern 3 x 200m - pattern	05-Apr-08
06-Apr-08 Overspeed Runs 150m	07-Apr-08	09-Apr-08 <i>Watford Open</i>	10-Apr-08 Resistance 30m 200m Racing	12-Apr-08
13-Apr-08 Individualised Session	14-Apr-08	16-Apr-08	17-Apr-08 500,400,300 300,200,100	19-Apr-08
20-Apr-08 100m, 400m 100m, 200m	21-Apr-08	23-Apr-08 <i>Watford Open</i>	24-Apr-08 Individualised Session	26-Apr-08
27-Apr-08 EYAL Match 1 NJAL (U20) Match 1	28-Apr-08	30-Apr-08	01-May-08 Individualised Session	03-May-08 SML Match 1
04-May-08 NYAL Match 1	05-May-08 Herts Relays & Vets	07-May-08 <i>Watford Open</i>	08-May-08 Individualised Session	10-May-08
11-May-08 <i>Herts Champs</i>	12-May-08	14-May-08	15-May-08 Overspeed Runs Relay	17-May-08 SML Match 2
18-May-08 NYAL Match 2	19-May-08	21-May-08 <i>Watford Open</i>	22-May-08 Individualised Session	24-May-08 South Of England U15/U17
25-May-08 NJAL (U20) Match 2 South Of England U15/U17	26-May-08	28-May-08	29-May-08 Individualised Session	31-May-08