



2026 - 2027

Youth INDOOR Track & Field

PRACTICE SCHEDULE

Athletes attending practice at 500p will complete warmup activities at the direction of their event Coach. Athletes participating in practices beginning at 630p will participate in a total group warmup activity with all attending athletes.

Thursday, October 1, 2026				
500p to 630p			630p to 815p	
Pole Vault Drills	Beginners		Pole Vault Drills	Experienced
			Sprints/Hurdles	Endurance
Distance	Timed Run (30 Min)		Distance	Timed Run (30 Min)
			Horizontal Jumps	Endurance
			High Jump	Endurance
			Throws	Strength
Tuesday, October 6, 2026				
Pole Vault Drills	Beginners/Experienced		Pole Vault Drills	
			Sprints/Hurdles	Endurance
Distance	Fartlek		Distance	Fartlek
			Horizontal Jumps	Endurance
			High Jump	Endurance
			Throws	Drills
Wednesday, October 7, 2026				
Pole Vault Drills	Beginners/Experienced		Pole Vault Drills	Vaulting
			Sprints/Hurdles	Form Work
Distance	Timed Run (30 min)		Distance	Timed Run (30 min)
			Horizontal Jumps	Drills
			High Jump	Drills
			Throws	Throwing
Thursday, October 8, 2026				
Pole Vaults Drills	Beginners		Pole Vault Drills	Vaulting
			Sprints/Hurdles	Speed/Starts
Distance	Ladder		Distance	Ladder
			Horizontal Jumps	Jumping
			High Jump	Jumping
			Throws	Throwing