

TRURO LIONS TRACK & FIELD CLUB

Indoor season: November 2024 - March 2025

Event training schedule (updated Oct 23):

November 18 - December 19, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 - 6:30pm Hurdles CD		5:30 - 6:30pm Hurdles CD			10:30am Racewalk (monthly) RECC
6:30 - 8:00pm Sprints CD <i>Acceleration development</i>		6:00 - 7:30pm Sprints <i>Special endurance</i>	6:30 - 8:00pm Sprints CD <i>Speed development</i>			10:30am Sprints <i>Tempo Speed Endurance</i>
6:00 - 7:30pm High Jump (all) CD	6:00 - 8:00pm Long/Triple Jumps CD		6:00 - 8:00pm Long/Triple Jumps CD	6:00 - 7:30pm High Jump (all) CD		
		6:00 - 7:30pm Distance				10:30am Distance
7:00 - 9:00pm Throws @ CD (exception: Nov 4, 6-8pm)	5:15 - 7:15pm Throws @ Tims Soccer Field *U18+ only		5:15 - 7:15pm Throws @ Tims Soccer Field			

* CD = Cougar Dome

* Wednesday and Sunday practice locations may vary

No Sunday practice if it is a competition weekend, practice will be on a Monday

* Weekly emails will be delivered to *registered* participants with confirmation of practices for the following week

* All participants *must* be registered with the club and Athletics NS before attending practice