

**Weekly Practice Schedule**

*\*\*\*Subject to change based on environmental factors, facility access & holidays\*\*\**

*09/25 – 07/26*

Please consider these training updates regarding our weekly practice schedule for the 2025-26 seasons. We will be holding our regular Track & Field/Cross-Country practices according to the following schedule:

**Weekly Practice Schedule:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| *Distance:* 4:15pm – 6:00pm | *Sprints:*4:15pm – 6:30pm | *Distance:* 4:15pm – 6:00pm | *Sprints:*4:15pm – 6:30pm | *Distance:* 4:20pm – 6:00pm | *Sprints:*11:00am – 1:30pm |
| *Hurdles:*4:30pm – 6:00pm |  | *Long/Triple Jump:*4:30pm – 6:00pm |  | *High Jump:*4:30pm – 6:00pm |  |

\*\*\*Note: due to varying practice sessions, exact end times may vary\*\*\*

**Training Locations:**

September 2025 through April 2026, all practices will begin at the Lakehead University Hanger, meeting in the far corner of the indoor track, near the lockers.

May 2026 through July 2026, all practices will be hosted at the Fort William Legion Stadium, and exact training times will be subject to stadium operation hours set by the City of Thunder Bay.

Please make sure to arrive on time with the appropriate gear and a water bottle. We're looking forward to another great year of training and competitions!

If you have any questions, please don't hesitate to reach out.

Regards,

Lakehead Track & Field Coaching Staff