

CNU TRACK & FIELD

Sprints-Hurdles-Jumps Newcomers' Summer Training Blocks

	Monday	Sunday		HS Group		NBON Group
	23-Apr	29-Apr				
	30-Apr	6-May				
	7-May	13-May				
	14-May	20-May				
	21-May	27-May				
HS State Meets	28-May	3-Jun	0			
	4-Jun	10-Jun	1	Recovery		
NBO Nationals	11-Jun	17-Jun	2	Recovery	0	
	18-Jun	24-Jun	3	Ramp-Up	1	Recovery
	25-Jun	1-Jul	4	Ramp-Up	2	Recovery
	2-Jul	8-Jul	5	Balance & Eccentric Focus	3	Ramp-Up
	9-Jul	15-Jul	6		4	Ramp-Up
	16-Jul	22-Jul	7	Circuit Week	5	Balance & Eccentric Focus
	23-Jul	29-Jul	8		6	
	30-Jul	5-Aug	9	Muscular Endurance Focus	7	Circuit Week
	6-Aug	12-Aug	10		8	Muscular Endurance Focus
	13-Aug	19-Aug	11		9	
Move-In Week	20-Aug	26-Aug	12	Circuit Week	10	Circuit Week
Classes Begin!	27-Aug	2-Sep	0	Circuit Week		
Fall Camp	3-Sep	9-Sep	1	Technical Checks		
Fall Camp	10-Sep	16-Sep	2	Testing		