

CNU TRACK & FIELD

Sprints-Hurdles-Jumps Returners' Summer Training Blocks

	Monday	Sunday	Conference Group	Final Qualifiers Group	Nationals Group
Finals	23-Apr	29-Apr			
CAC Outdoor Championships	30-Apr	6-May	0		
<i>Graduation</i>	7-May	13-May	1 Recovery		
Final Qualifiers	14-May	20-May	2 Recovery	0	
Nationals	21-May	27-May	3 Ramp-Up	1 Recovery	0
	28-May	3-Jun	4 Ramp-Up (Test Prep)	2 Recovery	1 Recovery
	4-Jun	10-Jun	5 Testing	3 Ramp-Up	2 Recovery
	11-Jun	17-Jun	6 Balance & Eccentric Focus	4 Ramp-Up (Test Prep)	3 Ramp-Up
	18-Jun	24-Jun	7	5 Testing	4 Ramp-Up (Test Prep)
	25-Jun	1-Jul	8	6 Balance & Muscular Endurance Focus	5 Testing
	2-Jul	8-Jul	9 Muscular Strength & Endurance Focus	7	6 Balance & Muscular Endurance Focus
	9-Jul	15-Jul	10	8	7
	16-Jul	22-Jul	11	9	8
	23-Jul	29-Jul	12	10 <i>Circuit Week</i>	9
	30-Jul	5-Aug	13 Testing	11 Testing	10 Testing
	6-Aug	12-Aug	14 Strength Hypertrophy	12 Strength Hypertrophy & Eccentric Focus	11 Strength Hypertrophy & Eccentric Focus
	13-Aug	19-Aug	15	13	12
Move-In Week	20-Aug	26-Aug	16	14	13
Classes Begin!	27-Aug	2-Sep	0 <i>Circuit Week</i>		
Fall Camp	3-Sep	9-Sep	1 Technical Checks		
Fall Camp	10-Sep	16-Sep	2 Testing		