

CAF Track Clinic at NJDC2015NJ

Date	Session		Session Goals
Thursday	Morning Training	8:30 - 11:00	* Top Speed & SS Acceleration * Rolling 150s (asphalt and/or tail) SS > Rollback, Towing (various), Isometric to Ballistic flat & down
Thursday	Afternoon Training	1:30 - 4:00	* Rolling Acceleration * Down roll to sprint Glide Zones (15"/15") repeats Whistle Drill
			4'
Thursday	Evening class	6:30 - 8:00	Stroke Mechanics Goal Setting Session
Friday	Morning Training	8:30 - 10	* Lactate & Speed Reserve * Hollow 800s (200/400/200) Hollow 600s (120/80/400) 1200m rollbacks (300/100) Whistle Drill Rolling 800s (100/200/300/400)
Friday	Afternoon Training	1:30 - 4:00	* SS & Endurance & Stamina * 400m at 10m ss Tempo Ladder
Friday	Evening class	6:30 - 8:00	Equipment Race Tactics

