



## Easy Read

(Please check calendar for details)

## Track Practice: (for Linear speed training):

**Monday/Wednesday** at [OCC](#):

5:30-7:30pm

5:30-5:50: Announcements & Warm-ups

5:50-7:00: Track Practice

7:00-7:30: Plyos, Core and cool-down.

**Saturday** at [Costa Mesa HS](#): We might have practice at [Te Winkle Park](#)

8:00-10:00am

8:00-8:20: Announcements & Warm-ups

8:20-9:30: Plyos, Core, Strength training

9:30-10:00: and cool-down.

## Weight Training:

**Tue/Thurs** at [Tachyon Training Center](#):

Group 1 (WT2A): 6:00-7:00pm (This class is Full).

Group 2 (WT2B): 7:00-8:00pm

**Sat** Combined (WT2A&B): 11:00-1:00pm (after track practice)

## Speed and Agility Training (for Lateral speed training):

**Tue/Thurs** at [Wingspan Park](#): 4:00-5:30pm (Park is on right side of Eastwing)

**Friday** at [OCX Training Academy \(RSM\)](#): 5:00-6:00pm (Indoor facility)