

# Waller Jr High Girls Athletic Track Workout Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
Sprinters/ Hurdlers/ Field Events	<b>Athletic Period</b> Girls Field Events  <b>After School</b> Girls Track	<b>Athletic Period</b> Girls Track  <b>After School</b> Girls Field	<b>Athletic Period</b> Girls field events  <b>After School</b> Girls Track	<b>Athletic period</b> Girls Track  <b>After School</b> Girls Field
Distance Runners		If not a part of field events no after school practice		If not a part of a field event no after school practice

**After School practice is from 2:35 – 4:00 pm**