S Speed | X X Factor | L Lactate | M Meet | Off/Rest

HOOD RIVER VALLEY TRACK 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	OTHER EVENTS
MARCH	2 3:30-5PM S	3 3:30-5PM X	4 3:30-5pm S	5 3:30-5PM L	No School 6 3:30-5PM X OR	7	
	9 3:30-5PM S	10 3:30-5PM X	11 3:30-5PM S	12 Parent Meeting @ 6:30 PM X	13 3:30-5PM L	14	
	16 3:30-5PM S	17 3:30-5PM Team Pictures X	18 3:30-5PM S	19 3:30-5pm X	20 3:30-5PM L	21	
APRIL	23 Spring Break S	24 X	25 S	26 X	27 L	28	SPRING BREAK *Event Group Practices*
	30 3:30-5PM S	31 3:30-5PM X	1 3:30-5PM Wilwaukie, HRV @ Hillsboro M	2 3:30-5PM X	3 3:30-5PM OR L S	4	No School
	6 3:30-5PM L OR S	7 3:30-5PM X	8 3:30-5PM S	9 HOME MEET Putnam & Wilsonville M	10 3:30-5PM X	11 Wilsonville Invite (Varsity) M	
	13 3:30-5PM S	14 3:30-5PM X OR L	15 3:30-5PM S OR X	16 HRV Parkrose @ Canby M	OR 17 3:30-5PM X	18	

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	OTHER EVENTS
	20 3:30-5PM S OR L	21 3:30-5PM X	22 HRV Parkrose @ LaSalle M	23 3:30-5PM Jesuit Relays OR X	24 3:30-5PM Jesuit Relays L OR S		
MAY	27 3:30-5PM L	28 3:30-5PM X	29 3:30-5PM S	30 3:30-5PM Host MS meet	1 3:30-5PM S	2	
	4 3:30-5PM L OR S	5 3:30-5PM X	6 3:30-5PM S	7 HOME MEET Centennial La Salle M	8 3:30-5PM Dean Nice Invite (Varsity) M	9	
	11 3:30-5PM L	12 3:30-5PM X	13 3:30-5PM S	M OR X 14 NWOC Novice (JV) CHAMPS @ Milwaukie	15 3:[illegible]PM L	16	
	18 S	19 X	20 NWOC CHAMPS @ Putnam M	21 X OR	22 NWOC CHAMPS @ Putnam M	23	
	25 L	26 X	27 S	28 STATE TRAVEL X	29 STATE @ Eugene M	30 STATE @ Eugene M	

Feed the Cats Program Guidelines for Planning Workouts

Prefer sprinting no more than 3 speed workouts a week (Yellow S). Lactate and Meets count as a speed day.
Start Lactate workouts at least 3 weeks before your first meet. But don't do Lactate workouts off season.
Only schedule 1 or 2 lactate workouts in a week. Meets count as a Lactate workout. If no meet then 2 lactate workouts max. Lactate workouts are for increasing speed for a longer distance.
Always have an OFF day (green) after a Lactate day or workout.
An X-Factor day could be used as a green (OFF day) if necessary.
Less is more.
Let the extended forecast (weather) be your guide.
Never allow 3 full meets for high output athletes.
Never 3 Red days (Meets).
Prefer 4 day work week (3 days OFF).
If sprinter competes only twice, one "X" becomes "S"
If meet on Saturday then: Monday- Lactate, Tuesday- Off, Wednesday- Speed, Thursday-X-Factor, Friday-Handoffs/Speed, Saturday- Meet, Sunday- Off.