

## Week 10 GFC T&F 2023

### @ Cushman Lanes 2, 3, 4

	Monday 5/1/2023	Tuesday 5/2/2023	Wednesday 5/3/2023	Thursday 5/4/2023	Friday 5/5/2023	Saturday 5/6/2023	Sunday 5/7/2023
<b>Team Info</b>	53, 22 mph 3:30 pm practice Bus 3:45 pm Team Meeting	61, 14 mph 3:30 pm practice Bus 3:30 pm Team Pictures	71, 11 mph JV meet - RR/GFC 3:30 pm practice Bus 4:00 pm JV meet Starts	69, 11 mph 3:30 pm practice Bus 3:45 pm Start warm up	66, 12 mph Howard Wood Relays Packer Relays - 1 Bus Limits - 5/event -1 Relay 8:45 am excused from Class 9:00 am Bus Leaves 11 am meet Starts	Howard Wood Relays	
	Speed Day	Core Week D	Speed for those not competing	Core Week D			
<b>Coaches Traveling</b>					Packer - Rosseau, Beck, Rosseau, Blilie	HW - S.Allan	
<b>Events at Cushman</b>		Soccer 5 -9		Middle School Meet 3-7	Soccer 5 -9		
<b>Middle Distance</b>		6 x 30m Sprints	Speed Varsity	6 x 30 m Sprints	Meet		
Coach Allan	800/400 Speed 2x2x300 4x1500	Aerobic Run  Knight Builders week 2	4x(2x200) 90 Secs btwn 200 2:30 rest btwn Sets	Aerobic Run  4x 150		Long Run	
<b>Distance</b>	3200/800 Speed	6 x 30m Sprints	Speed Varsity	6 x 30 m Sprints	Meet	Long Run	On Week
Coach Rosseau	2x(4x300), 4x150 1600/800 Speed 2x(4x300), 4x150	Aerobic Run	4x(2x200) 90 Secs btwn 200 2:30 rest btwn Sets	Aerobic Run  4x 150		Knight Builders week 2	
<b>Sprinters</b>	ON TURF	Staying Low Drills		ICE	Meet		Off
Coach Beck	Reaction Drills Form run 5 x 80m 5 minutes rest 4x1 hand offs 400 runners - With Hurdlers	Block Drills 3 x block starts 4x1 Handoffs	350m (85%) 200m (100%) 100m (100%)	Pre-Meet Turf Form Run Stay Low Drills Hand Offs			
<b>Jumps</b>	Speed w/sprinters	Approach Drills	Meet	Approaches	Meet		
Coach Bartsch Coach Blilie	LJ- takeoff/landings						Off
<b>Hurdles</b>			Speed for Varsity		Meet		
Coach Allan	300H work 400 speed	110m Hurdle Work	300m Hurdle Work w/ Speed	starts 6x30m over 2 hurdles			Rest
<b>Last Coach</b>		Allan					
Gone							