

Week 11 GFC T&F 2023

@ Cushman Lanes 5, 6, 7

	Monday 5/8/2023	Tuesday 5/9/2023	Wednesday 5/10/2023	Thursday 5/11/2023	Friday 5/12/2023	Saturday 5/13/2023
Team Info	60, 7 mph	72, 11 mph	76, 10 mph	75, rain, 13 mph	75, rain, 15 mph	68, rain, 18 mph
	3:30 pm practice Bus	3:30 pm practice Bus	3:30 pm practice Bus	3:30 pm practice Bus	True Team - FS	JV EDC
	3:45 pm practice Starts	3:45 pm Team meeting	3:45 pm Start warm up	3:45 pm Start warm up	Limit 3/event	Unlimited
	Fargo Rotary - Throwers, 4x1	5:30 pm Pasta Feed			10:45 am Excused for Lunch	8:30 am Bus Leaves
	10:15 am Excused from Class	2220 University Ave			11:30 am Leave	11:00 AM
	10:30 am Bus Leaves				2:00 PM	@ Fargo South
Coaches Traveling	<i>Beck, Allan</i>					<i>S. Allan,</i>
Coaches - practice	<i>Blilie, Rosseau</i>					
Events at Cushman	<i>Middle School Meet</i>	<i>Soccer 4:30 -9</i>		<i>Soccer Practice 5-9</i>	<i>Soccer Practice 5-9</i>	
Middle Distance						Long Run Varsity
Coach Allan	Speed	Aerobic Run	Speed	Aerobic Run		
	Current 800 Speed	4 x 150m	Goal Pace 800			
Distance	Speed		Speed			Long Run Varsity
	3200/1600 Speed	[1]	Goal Pace 800			
v		Normal	Normal			
Sprinters		Block Drills	Partner Up	Hand Offs		
Coach Beck	350m - 250m- 150m 90 Percent	Blocks Work	4 x 150m Chasing	3- 25 m starts		
	5 min rest	30m From Blocks 3	8 min Rest	3 - 25 m finishes		Meet
Jumps	Weights 3pm	Long Jump	Weights 3pm	Triple Jump		
Coach Bartsch	Speed w/ Sprinters	Takeoff box drills	Speed w/ Sprinters	1st/2nd phase drills	Run thru's	Meet
Coach Blilie		3 step approaches		Short approach jumps		
		Run Thru's				
Hurdles	Speed with sprinters	110H	300H speed			
Coach Allan		5 step on Turff till 430	2x(h1, h2)			
			2X (h3,4,5)			
		Little Grey Hound	2X (H6,7)			
Last Coach	Allan					

[1] M Sean