

## Week 12 GFC T&F 2023

### @ Cushman Lanes 2, 3, 4

	Monday 5/15/2023	Tuesday 5/16/2023	Wednesday 5/17/2023	Thursday 5/18/2023	Friday 5/19/2023	Saturday 5/20/2023
<b>Daily Target</b>	<b>Last Chance Meet</b>	<b>Technique Day</b>	<b>Lite speed Day</b>	<b>Technique Day</b>	<b>EDC Championships</b>	
	Unlimited				Limit 5/event 1 relay	
<b>Team info</b>						
	11:45 pm Excused for Lunch	3:30 pm Practice bus	3:30 pm Practice bus	3:30 pm Practice bus	11:45 pm Excused for Lunch	
	12:30 pm Bus Leaves	3:45 pm Team Meeting	3:45 pm Practice starts	3:45 pm Practice starts	12:30 pm Bus Leaves	
	1:00 pm Team meeting				3:00 pm Meet Starts	
	2:00 pm Meet Starts	10 am - 1 pm 5th Grade Track		10 am - 1 pm 6th Grade Track		
		5-9 pm soccer game	4:30 pm Soccer Practice	5-9 pm soccer game		
<b>Middle Distance</b>						
Coach Allan		<b>Aerobic Run</b>	<b>EDC Specific Speed</b>	<b>Aerobic Run</b>		
		4x150m		4x150m		
<b>Distance</b>						
Coach Rosseau	Meet	<b>Aerobic Run</b>	<b>EDC Specific Speed</b>	<b>Aerobic Run</b>	Meet	
		4x150m		4x150m		
<b>Sprinters</b>			<b>Full Speed and 1/2 Distance Hand Offs</b>	<b>Sprinter Warm Up</b>		
Coach Beck	Meet	Arm drive	-OR- 4 40m Flys	Hand Offs	Meet	
		Barefoot jog	Everyone SPIDER	Blocks		
		Hurdle mobility				Do some stretching
		Cool Down				
<b>Jumps</b>		Triple Jump - phases	3pm Weights	Hurdle Mobility		
Coach Bartsch	Meet	Long Jump - Takeoffs	W/ sprinters	Run Thru's	Meet	
Coach Blilie			Hurdle Mobility			
			Long Jump --> Landings			
<b>Hurdles</b>	Meet	Hurdle warm-up	Hurdle warm-up	Hurdle warm-up	Meet	
Coach Allan		Hurdle Rhythm		Hurdle Rhythm		
		300M Starts	300m hurdle work	Core Training		
<b>Last Coach</b>						