

Week 1 GFC T&F 2021

	Team meetings Video/Classroom	Monday 3/1/2021	Tuesday 3/2/2021	Wednesday 3/3/2021	Thursday 3/4/2021	Friday 3/5/2021	Saturday 3/6/2021	Sunday 3/7/2021
Daily Target		Introduction	Introduction	Techinque Day	Speed Day	Techinque Day	Techinque Day	
Team info	Cohort A Info meeting Friday, Feb 26, 3 pm Rm 312	March 1st Video	Team Video 2	Team Video 2	Team Video 3	Team Video 4	Team Video 5	
	Cohort B Info Thursday, Feb 25, 3pm, Rm 312				Cushman after PV Set up??			
Middle Distance	3:45 pm Daily Start time	Middle Distance Expectations	6x 30m sprints		Relay around school	6x 30m sprints	10:00 AM	
Coach Allan	Track - Storage Room (includes Girls MD)	Aerobic Run - outside Knight Builders wk1	Aerobic Run - outside Knight Builders wk1	Aerobic Run - outside Knight Builders wk1	Distance/MD Knight Builders wk 1	Aerobic Run - outside Knight Builders wk1	Aerobic Run - outside 4 x 150m on greenway Knight Builders	
Distance	3:45 pm Daily Start time	Distance Expectations		6 x 30m Sprints	Relay around school		10:00 AM Long Run	Off Day
Coach Rosseau	In Aerobic Room	Aerobic run - outside Knight Builders wk 1	Aerobic run - outside Knight Builders wk 1	Aerobic run - outside Knight Builders Wk 1	Distance/MD Knight Builders wk 1	Aerobic run - outside Knight Builders WK 1	Aerobic run - outside Knight Builders wk 1	
Aerobic Room	(includes girls Distance)							
Sprinters	3:45 pm Daily start time	Intro:	Intro:	Sprinter Warm Up @ lower gym	3:30 Upper Gym PV Set up	Sprinter Warm Up	10 am Sprinter Warm Up	Off
Coach Gjestvang	Monday Meet in TBA	Team Meeting Lower Gym	Sprinter Warm Up	Accel Tech	Sprinter Warm Up	run 5 min mental exercise	Accel Tech	
	Tues-Friday Meet in Main Gym	Overview individual/team goals	Intro to Mechanics	Top speed tech	Med Ball circuit	5 min run through form	Top speed tech	
		Introduce mental training	Knight Builders	Decel tech	BW curcuit	30 min cardio (handball)	Decel tech	
			Weights ~16:45	Plyos , sprint hops ,accel	Weights 16:50:00 PM	Knight builders	Plyos, Sprint hops, Accel	
Jumps	3:45 pm Daily start time	Intro:	Intro:	3:15 TJ Warm up in Wrestling Room	3:30 Upper Gym PV Set up	3:15 LJ Warm up in Wrestling Room	TBA Intro to HJ	
Coach Bartsch	Monday Meet in TBA	Lower Gym	Sprinter Warm Up	Introduction to TJ	Sprinter Warm up	Introduction to LJ	at Red River, TBA	Off
Coach Weiland	Tues-Friday Meet in Main Gym	Overview individual/team goals	Intro to Mechanics	Approaches	Med Ball Circuit	Approaches		
		Introduce mental training	Knight Builders	Stretch / Cool Down	BW Curcuit	Stretch / Cool Down		
			Weights ~16:45		Weights 16:50:00 PM			
Hurdles					3:30 Upper Gym PV Set up			
Coach McCreary	Hurdles Back side of track	Hurdle group expectations	Hurdler warm-up	Hurdler warm-up	Hurdler warm-up	Hurdler warm-up	1:00 pm Hurdle practice	Rest
		Hurdler warm-up	Hurdle Technical Model	Sprint Technical Model	Timed Flies (All Hurdlers)	Hurdle Drills	Boys and Girls	
		Hurdle Technical Model	Circuit Training	5x25s runs		Circuit Training	Weight Room/Plyo	
		30s on/60 walk in halls (15 min)					introduction	
Pole Vault					3:30 pm Set up Pads	3:30 - 4:30 pm Maroon	TBA PV Practice	
						4:45 - 6:00 pm Grey		
Last Coach								
Key - Location	Track - Backside	Main Gym	Red River	3rd Floor Gym	Track - Back corner	Aerobic Room		
	Weight Room	Hallways	Track - Front side	Wrestling Room	Outside - Greenway	Track - Storage Room		
	Outside - South Side of Building	Lower Gym						