

Week 1 GFC T&F 2023

	Information	Monday 2/27/2023	Tuesday 2/28/2023	Wednesday 3/1/2023	Thursday 3/2/2023	Friday 3/3/2023	Saturday 3/4/2023	Sunday 3/5/2023
Daily Target		Introduction	Introduction	Technique Day	Speed Day	Technique Day		
Team info		3:30 pm Throwers on the Track			7:30 -9:30 pm Practice	3:15 pm TJ in Wrestling Room		
		3:45 pm Team Meet on Track	3:45 pm Practice Starts		@ UND FPAC	3:45 pm Start on GFC Track		
	Team Goals Week 1	3:50 pm 5 min warm up	3:50 pm 5 min warm up	3:45 pm Team meeting/5 min	7:30 pm Speed Everyone	3:45 pm Team meeting/5 min		
	* Be on time for Practice	3:55 pm Distance on Track	3:55 pm Distance on Track	3:55 pm Distance-Track	1st Part of practice Tech 730-845	3:55 pm Distance-Track		
	* Recruit a Friend	3:55 pm Sprinters/Jumps	3:55 pm Sprinters/Jumps	3:55 pm Sprinters/jumps	8:30 - 9:30 TJ & LJ	3:55 pm Sprinters/jumps		
		Lower Gym	Main Gym	Lower Gym	7:30 pm High Jump	Lower Gym		
		??? pm S/J/H/PV - Weights	6 pm PARENTS MEETING	End w/ Team Core Workout	8:45-9:30 pm Speed	End w/ Team Core Workout		
Middle Distance		Middle Distance Expectations	6x 30m sprints			6x 30m sprints	10:00 AM	
Coach Allan	Week Goals	Aerobic Run - outside	Aerobic Run - outside	Aerobic Run - outside		Aerobic Run - outside	Aerobic Run - outside	
Coach Rosseau	* Dress correct for outside				8:45 pm 400m Speed workout			
				Team Core workout	3-4 x 300 w/full Recovery	Team Core workout	Team Core workout	
Distance		Distance Expectations	6x30m Sprints				10:00 AM Long Run	Off Day
Coach Rosseau		Aerobic run - outside	Aerobic run - outside	Aerobic run - outside	Warm up	Aerobic run - outside	Aerobic run - outside	
		Normal Run	Normal +	Normal Run	Boys - 600m/300m Continuous	Normal Run	Long Run	
				Team Core workout	Girls Distance with RR Girls	Team Core workout	Team Core workout	
Sprinters		Sprinter warm up	Sprinter warm up	Sprinter Warm up	Sprinter warm up	Dynamic warm up	stay active on own	Off
Coach Beck - Boys		Overview of individual/team goals	Stretch	Weights	Skips for height and distance	Weights	stretch	
Coach ?? - Girls		Continous Tempo Run	Acceleration/ Drive Phase Intro		Bounding	Stretch	5 min mental exercise	
		Overview of Weights	Drive Phase Accel	Stair Runs- Focus on Form	Head to Head	run 5 min mental exercise		
		Cool down	Speed tech (accel, top, decel)	Cool Down		~30 min cardio		
				Team Core workout	Stretch	Team Core workout		
Jumps				w/sprinters	HJ pit	3:15 TJ Warm up in Wrestling Room	Stretch	
Coach Bartsch		w/sprinters	w/ sprinters	Weights	7:30 pm High Jump	Introduction to TJ	light technique (on own)	Off
Coach Blilie		Overview of Weights		Approaches	8:30-9:30 Long & Triple	Weights		
		Stretch / Cool Down	Stretch / Cool Down	Stretch	Landings / Takeoffs	Stretch / Cool Down		
				Team Core workout	Stretch / Cool Down	Team Core workout		
Hurdles	Week Goals							
Coach Allan	Lead leg - Drive w/ Knee	Learn Hurdle Warm up	Hurdle Warm up	Hurdle Warm up	Form work			Rest
	Trail - Pull knee			1st Hurdle Drills	Starts 60H			
	Arms - Opposite	Weights/Sprinters	Speed Tech/Sprinters		8:45 pm 400m Speed workout			
				Team Core workout		Team Core Workout		
Pole Vault								
Coach Lloyd								
Coach Caruso								
		Weights/Sprinters		Team Core Workout		Team Core Workout		
Last Coach	Allan	Beck						