

Week 2 GFC T&F 2023

	Monday 3/6/2023	Tuesday 3/7/2023	Wednesday 3/8/2023	Thursday 3/9/2023	Friday 3/10/2023	Saturday 3/11/2023	Sunday 3/12/2023
	Speed Day	Techinque Day	Techinque Day	Speed Day	Techinque Day	Event Specific Day	
	3:15 Team meeting rm 312 3:45 pm PV at GFC			3:45 pm PV at GFC			
Team info	7:30 -9:30 pm @ FPAC			7:30 -9:30 pm @ FPAC			
	7:30 -8:45 pm Techique	Boys - Main Gym	Boys - Main Gym	7:30 - 8:30 Sprinter speed	Boys - Main Gym		
	8:45 pm Speed	Girls - Lower Gym	Girls - Lower Gym	Hurdles, HJ, & Distance Speed	Girls - Lower Gym		
	7:30-8:30pm GFC has LJ/TJ Lanes 4,5,6			8:30 - 9:30 LJ/TJ, Hurdle Speed Lanes 4,5,6			
Middle Distance	Team Warm up With Distance runners		6 x 30 m Sprints	Team Warm up Little or Big Grey hound		10:00 am Central	
Coach Allan		Aerobic Run	Aerobic Run	8:30:00 PM 400 speed/sprinters Little or Big Grey hound	Aerobic Run	Aerobic Run 20 mins Steady	
		Team Core Workout	Team Core Workout		Team Core Workout	20 mins Tempo Strides	
Distance	Speed 1600/3200 2x (4x300) Continous Relay		6 x 30 m Sprints	Speed 1600/800 Experienced 800 - 600s at Current goal pace Discussion running 800 indoors		10:00 am Central	ON WEEK
Coach Rosseau		Aerobic Run	Aerobic Run		Aerobic Run	Semi - Long Run	Aerobic
		Normal Run	Normal Run		Normal Run	Long Run	Run
		Team Core Workout	Team Core Workout		Team Core Workout		
Sprinters	Sprinter Warm Up Stretch Exagerated Form Running: Striders, Reverse Running blocks (need 3) 3x120 70% 2 min rest 6x60 80% 1/2 min rest		6 x 30 m Sprints		Dynamic Warm Up Hurdle Step Over	stay active on own stretch 5 min mental exercise	Off
Coach Beck	Wickets (need 20) Bounding 3 x 200 (80-90%) 30 seconds rest 8:30ish Relay Run 4 x 4 style Hurdle Step Overs	30 m Skip for distance Accels/ Flys Blocks Cool down Team Core Workout	As &Bs Straight Leg Bounds SLB into sprints 4 x 4 laps on the track Cool down Team Core Workout		4 x 4 laps on track -next week handoffs- Team Core Workout		
Jumps	Triple Jump - 1st / 2nd Phase Landings Approaches	Weights w/ Sprinters Team Core Workout	Weights LJ Progression Drills Approaches Team Core Workout	8:30 Long Jump Landings Knee Drive Drills	Weights Box Jumps Cardio - 20 min Team Core Workout	Stay active Stretch	Off
Coach Bartsch							
Coach Blilie							
Hurdles	Team Warm up Wickets w/Sprinters 5 Step Drill 8:45 pm Speed w/Sprinters	Team Warm up Hurdle Warm up 3 Set drills 6 x 30m Sprintts Team Core Workout	Team Warm up With Sprinters Team Core Workout	Team Warm up Hurdle Warm up Timed Hurdles - 60 m 8:45 pm Speed w/400 Runners	5 min Review goals With sprinters First Individual drills --- Take off/landing Marks Team Core Workout	10:00 am Central Aerobic Run 20 mins Steady 20 mins Tempo Strides	Rest
Coach Allan							
Last Coach	Allan						