

Week 3 GFC T&F 2023

	Monday 3/13/2023	Tuesday 3/14/2023	Wednesday 3/15/2023	Thursday 3/16/2023	Friday 3/17/2023	Saturday 3/18/2023	Sunday 3/19/2023
	Speed Day	Techinque Day	Techinque Day	Speed Day	Techinque Day	Cobber Indoor	
	4-6 pm @ UND FPAC	4:00 pm Practice GFC	4:00 pm Practice GFC	4-6 pm @ UND FPAC	4:00 pm Practice GFC	7:00 am Throwers bus Loads	
Team info	Sprinters, Distance, PV	10 am Throwers @ RR	10 am Throwers @ RR	Everyone!	10 am Throwers @ RR	7:15 am Throwers bus to RR	
	10 am Throwers @ RR	Boys Warm up Main Gym	Boys Warm up Main Gym	3:45 Team meeting at UND	Boys Warm up Main Gym	7:15 pm 2nd bus Loads	
	4 -5:15 pm Techique			4 -5:15 pm Techique		7:30 pm 2nd bus Leaves	
	5:20 pm Speed			5:20 pm Speed			
	4- 5 pm GFC has LJ/TJ			5 - 6 pm GFC has TJ/LJ		10 am Meet Starts	
	Lanes 2,3,4	Team Core Workout B	Team Core Workout B	Lanes 2,3,4	Team Core Workout B		
Middle Distance	3:15 pm Weights	3:15 pm Weights	6x30m Sprints	3:15 pm Weights	Event Goals		
Coach Allan	with 1600/3200	Aerobic Run	Aerobic Run	Practice meet warm up	Aerobic Run		
		Team Core Workout	Team Core Workout	800 Speed	Team Core Workout		
Distance	3:15 pm Weights	3:15 pm Weights	6 x 30 m Sprints	3:15 pm Weights	Event Goals		ON WEEK
Coach Rosseau	Speed 1600/3200	Aerobic/Long Run	Aerobic Run	Practice meet warm up	Normal Run		Aerobic
	200, 300, 600, 600, 300, 200	Long Run		Speed 1600/800	Team Core Workout		Run
	Tempo pace	Team Core Workout	Team Core Workout	2x (3x400), 4x150			
Sprinters	3:15 pm Weights	3:15 pm Weights		3:15 pm Weights	Event Goals		Off
Coach Beck	1st half	Reaction Drills	As and Bs	100 and 200 Hand Offs	Discuss event warm up		
	Hurdle Flexibility	Hurdle Flexibly	Hurdle Step Overs	400 Hand Offs	Meet Warm Up		
	4 x 60m with blocks (Focus on Accel	Cool down jog around track 2 laps	Wall Starts	Wickets	Wall starts		
	2nd Half		4 x 4 laps on track (75%)	Block Starts 30 M x 6	reaction Drills		
	Kill your Buddy		Beck speed today?? not Thurs?		As & Bs		
	2 x (4x200)	Team Core Workout (week 3-4)	Team Core Workout	Hurdle Step Overs	Blocks		
					Team Core Workout		
Jumps	4:00 - Triple Jump - 1st / 2nd Phase	Meet Warm up	Meet Warm Up	5:00 - Long /Triple	Weights		
Coach Bartsch	Long Jump- Landings	Weights	Weights	Discuss Event Guidelines	Discuss event Warm up		Off
Coach Blilie	Short / Full Approaches	w/ sprinters	Approaches	Landing Drills	Run Thru's		
			w/ sprinters	Short Approaches Jumps	Stretch / Cool Down		
		Team Core Workout	Team Core Workout	3 Full Jumps	Team Core Workout		
Hurdles	3:15 pm Weights	3:15 pm Weights		3:15 pm Weights	Discuss event Warm up		
Coach Allan	Hurdle Flexibility	1st Half w/Sprinters	1st Half/Sprinters		Event Goals		Rest
	3 hurdle - 5 step	Lead Leg Drills	take off/landing Distance				
	Kill your Buddy	Team Core Workout	Team Core Workout		Team Core Workout		
Last Coach	Allan	Nash					
Coaches Gone	Beck	Beck	Beck, Nash	Nash	Nash	Nash	