

## Week 4 GFC T&F 2023

	Monday 3/20/2022	Tuesday 3/21/2022	Wednesday 3/22/2022	Thursday 3/23/2022	Friday 3/24/2022	Saturday 3/25/2022	Sunday 3/26/2022
<b>Team Info</b>	<b>Speed Day</b>			<b>Speed Day</b>			
	3:30 pm Weights Everyone	3:05 Team meeting Rm 312 3:45 Practice Main Gym	3:15 pm Weights Everyone 3:45 Practice Main Gym	3:15 pm Weights JV	NDSU STATE INDOOR	Great North Regional	
	7:30 -9:30 pm Practice @ UND FPAC	Main Gym	Main Gym	7:30 -9:30 pm Practice @ UND FPAC	1:15 pm Excused 1:30 pm Bus Leaves	Meet @ UND FPAC	
	7:30 -8:45 pm Techique 8:45 pm Speed			7:45 pm Speed Sprinters 8:30-9:30 pm GFC has TJ/LJ	11:00 am Arrive at NDSU Noon Meet Starts	10 am Arrive 11 am meet Starts	
	7:30-8:30pm GFC has LJ/TJ Lanes 5,6,7	Team Core Week 2	Team Core Week 2	Lanes 5,6,7	Limit 4/Field, 6/running	Unlimited	
<b>Middle Distance</b>	Team warm up Mileage		6 x 30 m Sprints	Hand offs			
Coach Allan	8:45 pm 400 runners w/Sprinters	Aerobic Run Long Run	Aerobic Run/State Speed	800 Speed Finish Mileage	Aerobic Run		
	1 mile Down (800 Runners)				Team Core Week 2		
<b>Distance</b>	Speed 1600/3200		6 x 30 m Sprints				off Week
Coach Rosseau	600's @ 1600 Tempo and 200 sprints	Aerobic Run	Aerobic Run/State Speed	Hand offs	Aerobic Run		
Coach Allan	Finish Mileage	Long Run		800 Speed Finish Mileage	Team Core Week 2		
<b>Sprinters</b>	7:30 - 8:30 Jumpers at Pits						Off
Coach Beck	Backwards Run	Wickets High Knee Reactions	Backwards running Reaction Drills	7:45 pm JV- 3 x 300m 80 percent Handoffs (1st group; 2nd group)	Accelerations Wall Drills, As & Bs		
	8:30 pm 3 x 300m 80 percent 5 min 3 x 200 80 percent 4 min	Kareoke	Stairs - Donkey Kong	8:30 pm Blocks (2nd group; 1st group) Var- 2 lap jog	Questions for next meet Stretch		
<b>Jumps</b>	Sprinter Warm Up	Weights	HJ w/Coach Allan	8:30 pm - All Jumpers			
Coach Bartsch	7:45 pm - All Jumpers (Landings)	w/ Sprinters	Weights	Var - Run Thrus / Landings	w/ Sprinters		Off
Coach Blilie	8:05 pm - Triple Jump (Phases) Bounding Drills		Long Jump Progression Penultimate Step Drills	JV -Takeoff Drills/Short Approaches 8:30 - 9 pm HJ w/Coach Delmore			
<b>Hurdles</b>	Team Warm up	<b>Team Warm up</b>	<b>Team Warm up</b>				
Coach Allan	Fence Wall Drills - 2x20 each Leg Stationary Lead Leg Drills Lead Leg Hops 5 - Step Drill - Lead/trail/Over	Wickets w/Sprinters Sliding Trail Leg 2x10 Trail leg w/Surgical tubing	W/Sprinters	Fence Wall Drills - 2x20 each Leg Lead leg wall w/hurdle down Lead Leg Hops 5 -Step Drill - Lead/trail/over 3 x 60H starts - 3 Hurdles 8:30 pm JV- 3 x 300m 80 percent	w/ Sprinters		Rest
	Speed with Sprinters						
<b>Last Coach</b>	Allan				Only Allan going to State Indoor		