

Week 5 GFC T&F 2023

	Monday 3/27/2023	Tuesday 3/28/2023	Wednesday 3/29/2023	Thursday 3/30/2023	Friday 3/31/2023	Saturday 4/1/2023
Team Info	Speed Day			Speed Day	Cobber Indoor	Thundering Herd
	3:15 pm Weights Everyone	3:05 Team meeting Rm 312	3:15 pm Weights Everyone	3:15 pm Weights Varsity	2:15 pm Excused from Clas	
	7:30 -9:30 pm Practice @ UND FPAC	3:45 Practice Main Gym	3:45 Practice Main Gym	7:30 -9:30 pm Practice @ UND FPAC	2:30 pm Bus Leaves	9:30 am Bus Leaves
	7:30 -9:00 pm Techique			7:30 -9:00 pm Techique	5:00 pm Meet Starts	Noon Meet Starts
	9:00 pm Speed			9:00 pm Speed	10 pm Arrive back at GFC (approx)	
	2 pits, GFC has PV Pit			2 pits, GFC has PV Pit	Unlimited	5/field, 6/running
	Lanes 2, 3, 4	Team Core Workout C	Team Core Workout C	Lanes 2, 3, 4	Team Core Workout	2 relays
Middle Distance	Team Warm up		6 x 30 m Sprints	Hand offs	6 x 30 m Sprints	
Coach Allan	if 1600m runner go with Distance	Aerobic Run	Aerobic Run	Varisty Speed 800m	Varsity Aerobic run	
	9:00 pm 400m Speed Rest					
	2x500, 2x200, 90 to 100% 8 min Rest	Team Core Workout C	Team Core Workout C		Team Core Workout C	
Distance	3200 or 1600 m speed		6 x 30 m Sprints		6 x 30 m Sprints	
Coach Rosseau	2x(3x600)	Aerobic Run	Aerobic Run		Aerobic Run	
	400-Current 1600 pace, last 200 sprint	Long Run	Normal	SPEED	Pre-Meet: Normal	
	6x200 sprint	Team Core Workout C	Team Core Workout C		Team Core Workout C	
Sprinters	Jog to Sprint	Weights	Weights	NO BECK	2:15 pm Excused from Class	
Coach Beck	Acceleration in Grass	Reaction Drills		Stretch	2:30 pm Bus Leaves	9:30 am Bus Leaves
	Backwards run	Push Up Sprints	Hurdle Flexibilty	Blocks/Handoffs (spikes*)	5:00 pm Meet Starts	Noon Meet Starts
	Hurdle Step Overs	Deep Knee Sprints	Deep Knee Sprints	Acceleration in Grass	10 pm Arrive back at GFC (approx)	
		3 x 3 laps (85 percent)	3 x 3 laps (85 percent)	Hurdle Flexibility	Unlimited	5/field, 6/running
	Hurdle Step Overs	Team Core Workout C	Team Core Workout C		NO BECK	NO BECK
Jumps	3:15 pm Weights		3:15 pm Weights	3:15 pm Weights		
Coach Bartsch	7:45 - Triple Jump (Phases)	w/ Sprinters	w/Sprinters	7:45 - LJ (Approaches/Landings)	Run Thru's	
Coach Blilie	8:30 - Long Jump (Takeoff Drills)		Penultime Step Drills	8:30 - TJ (Short Approaches)	w/ sprinters	
	9 pm - Speed w/Sprinters			9 pm - Speed w/Sprinters		
		Team Core Workout C	Team Core Workout C			
Hurdles	Team Warm up	Team Warm up	Team Warm up		Regular Hurdle warm up	
Coach Allan	Fence Wall Drills	Regualr warm up	Recover day			
	Stationary legs	sliding leg drill	Yoga		Starts over 2 hurdles	
	Lead leg hops - 4 hurdles	Trail with tubging			Concentrating on Take off/Land	
	Leg leg runs	Determine take off/landing				
	5 step drill?? or measure takeoff	Little Greyhound - Outside?				
	9:00 pm 400m Speed Rest					
	2x500, 2x200	Team Core Workout C	Team Core Workout C		Team Core Workout C	
Last Coach	Allan			Allan Only Coach Going		
Gone					Beck gone	Beck gone