

Week 6 GFC T&F 2023

	Monday 4/3/2023	Tuesday 4/4/2023	Wednesday 4/5/2023	Thursday 4/6/2023	Friday 4/7/2023	Saturday 4/8/2023	Sunday 4/9/2023
Team Info	3:05 Team meeting Rm 312	TBA JV EDC	TBA No School - Weather???	EDC Indoor	NO School		
	3:45 pm Practice GFC	2:30 pm Excused from Class		2:30 pm Excused from Class			
	3:50 pm Throwers RR	2:45 pm Carpool from Door 14		2:45 pm Carpool from Door 14			
		3 pm Arrive @ FPAC		3 pm Arrive @ FPAC			
		4 pm Meet Starts		4 pm Meet Starts			
		5/event, 3 relays		6/event, 3 relays			
		GFC unlimited Throwers					
Middle Distance	3:15 pm Weights	TBA	TBA				
Coach Allan							
Distance	3:15 pm Weights		Speed				On Week
Coach Rosseau	3x(4x400)	TBA	TBA				
	@current 1600m pace	MEET OR Normal Run		MEET OR Normal Run			Pre-Meet
Sprinters		Weights (if not meet)	TBA	Weights (If not Meet)	Weights		Off
Coach Beck	Little Grey Hound	TBA					
Jumps	3:15 pm Weights						
Coach Bartsch	Little Grey Hound		TBA				Rest
Coach Bilie							
Hurdles	Little Grey Hound						
Coach Allan	Steps to 1st hurdle	TBA	TBA				Warm up
	Step Marks						Sprints
Last Coach	Allan		Beck				
Gone	Beck						