

Week 7 GFC T&F 2023

@ UND Lanes 5, 6, 7

	Monday 4/10/2023	Tuesday 4/11/2023	Wednesday 4/12/2023	Thursday 4/13/2023	Friday 4/14/2023	Saturday 4/15/2023	Sunday 4/16/2023
Team Info	Speed Day	53, 18mph	51, 12 mph	44, 14 mph Speed Day	45, 14 mph	54, 15 mph, partly Sunny Minot	
	7:30 -9:30 pm Practice @ UND FPAC	3:15 pm Weights		3:15 pm Weights	3:05 Team meeting Rm 305	7:00 am Bus Leaves 10:30 am Arrive 11:30 am Field Start 1:00 pm Running Starts	
	7:30 -9:00 pm Technique 9:00 pm Speed 2 pits, GFC has PV Pit Lanes 2, 3, 4					Order Pizzas 9-10 pm Arrive GFC	
Middle Distance	Speed	Long Run	6 x 30m Sprints	Speed	6 x 30m Sprints		
Coach Allan	800 Runners 2x300 2x (4x200)	Aerobic Run	Aerobic Run	TBA	Aerobic Run		
		Team Core D	Team Core D	Team Core D	Team Core D		
Distance	Speed	Long Run	6 x 30m Sprints	Speed	6 x 30m Sprints		On Week
Coach Rosseau	1600 & 800 2x(3x300) 2x(3x200)		Aerobic Run	TBA	Aerobic Run		
		Team Core D	Team Core D	MD/ Distance SPEED Team Core D	Team Core D		
Sprinters	Block Basics	Weight Room		Weight Room	Pre-Meet		Off
Coach Beck	6 Block Starts- 30 m Backwards Run 3 x100, 2 x 200, 2 x 300	Blocks	Reaction Drills	Hand-Offs	Hurdle Flexibility		
		Wall Starts	Push Up Sprints	Backwards Run	A, B Skip		
		Falling Starts	Wickets	Bounding			
		2x2 laps - form run	30m Fly x 6	3x300 3x200	Basketball		
		Team Core D	Team Core D	Team Core D	Team Core D		
Jumps	7:45 pm - All jumpers (Landings)	3:15 pm Weights	3:30 pm - TJ (wrestling room)	3:15 pm Weights			
Coach Bartsch	8:20 pm - TJ (phases)	w/sprinters	Bounding / Phases	LJ- penultimate step drills	Run Thru's		Off
Coach Blilie	9 pm - speed w/ sprinters			Speed w/ sprinters			
		Team Core D	Team Core D	Team Core D	Team Core D		
Hurdles				Speed 400/300H			
Coach Allan				400 Race Simulations 4x (200,100)			Rest
		Team Core D	Team Core D	Team Core D	Team Core D		
Last Coach		Allan	Beck				
Gone						Rosseau	