

Week 8 GFC T&F 2023

@ Cushman Lanes 5,6,7

	Monday 4/17/2023	Tuesday 4/18/2023	Wednesday 4/19/2023	Thursday 4/20/2023	Friday 4/21/2023	Saturday 4/22/2023	Sunday 4/23/2023
Team Info	48, sunny, 10 mph 3:05 Team Meeting	56, 17 mph Eagles Invite 5/event	Technique day	Speed Day	Technique day	UND - FPAC	
	3:30 pm Bus leaves for Cushman 4:00 pm Practice Cushman 5:45 pm Bus Leaves Cushman	10:45 am Excused to eat lunch 11:30 am Bus Leaves 3:00 pm Meet Starts 1:30 pm Throwers Excused 2:00 pm Be at Red River	4 pm Practice Cushman	7:30 - 9:30 pm Practice at FPAC 9:00 pm Speed everyone	4 pm Practice at GFC	noon Arrive at UND 1 pm Meet Starts	
Middle Distance	6 x 30m Sprints Coach Allan Aerobic Run		Long Run	Speed TBA	6 x 30m Sprints Aerobic Run	Meet	
	Core Builders D		Core Builders D		Core Builders D		
Distance	6 x 30m Sprints Coach Rosseau Aerobic Run	Meet	Long Run	Speed TBA	6 x 30m Sprints Aerobic Run	Meet	On Week
	Core Builders D		Core Builders D		Core Builders D		
Sprinters	Blocks Coach Beck Spider Coach Leervig Hand Offs 4x30 Accel. ICE	MEET ICE	Wickets reaction drills NO ICE Hand Offs 4 x 20 Accelerations	WEIGHTS 3:15 3x 300, 30 sec, 100 - 10 minute rest	NO WEIGHTS Hand Offs	Meet	Off
Jumps	Run Thru's Coach Blilie 3 Short Approach Landings	MEET	Weights 3 pm w/ sprinters	Weights 3 pm 7:45 - LJ (Landings/Takeoffs) 8:25 - TJ (Phases/Bounding)	Weights 3 pm Run Thru's	MEET	Off
Hurdles	Starts 110H & 300H Coach Allan	Meet	Weights 3 pm Tech		Weights 3 pm		
Last Coach	Allan						
Gone	Rosseau	Rosseau- Maybe					