

Week 9 GFC T&F 2023
@ Cushman Lanes 5, 6, 7

	Monday 4/24/2023	Tuesday 4/25/2023	Wednesday 4/26/2023	Thursday 4/27/2023	Friday 4/28/2023	Saturday 4/29/2023	Sunday 4/30/2023
Team Info	44, 7 mph North	50, 7 mph ENE	51, 15 mph SSE	51, 13 mph NE	Fargo 44, 18 mph N	49, 16 mph NE	
	3:30 pm practice Bus	3:30 pm practice Bus	3:30 pm practice Bus	3:30 pm practice Bus	Fargo Shanley Invite	JV/MS meet	
	3:45 pm Team Meeting in locker room	3:45 pm Start Warm up	3:45 pm Start warm up	3:45 pm Start warm up	10:15 pm Excused from class	Noon Arrive at UND	
	Speed Day	Technique	Speed Day	Technique	10:30 pm Bus Leaves	1:00 pm Field	
		Soccer 5 -9		Soccer 5 -9	1:00 pm Meet Starts	1:30 pm Running	
Middle Distance		6 x 30m Sprints	Speed @ Cushman	6 x 30 m Sprints		Long Run	
Coach Allan	Invertvals - Equal Rest 8% of weekly Mileage 800 work	Aerobic Run	Pace work for Races	Aerobic Run			
		Core Work D		Core Work D			
Distance	Invertvals -Equal rest	6 x 30m Sprints	Speed	6 x 30 m Sprints			On Week
Coach Rosseau	8% of weekly Mileage 3200/1600 work	Aerobic Run	Pace Work for Races	Aerobic Run			
		Normal		Pre-Meet (Normal)	MEET DAY!	Long Run	
		Core Work D		Core Work D			
Sprinters	Lift- 3:15	Lift 3:15	Lift 3:15	NO LIFTING			Off
Coach Beck	4x125's - 7 minutes rest	Chest Wickets	Blocks with accel	Hand Offs			
	Hand Offs	Blocks	relay hand off- full pace	Recovery stretch day			
	400's runners w/Hurdles for	Head to Head 30m x 4	4 x100 6 min rest				
	Spider						
	NO ICE	NO ICE	NO ICE	ICE			
Jumps	3pm Weights	3pm Weights	Speed w/ sprinters	3pm Weights			
Coach Bartsch	Speed w/ sprinters	TJ - 1st / 2nd Phase Drills	LJ - takeoffs	Landings x 5			Off
Coach Blilie	LJ - takeoff / landing drills			Run Thru's			
Hurdles	Warm Up			Handoffs!!			
Coach Allan	Hurdle Warm up	110m Hurdle Work	300m Hurdle Work	Starts 300H/110H/100H			Rest
	Broken 300's	On Turf 5 step	w/ Speed				
	W/ Hurdles	Trail leg pulls					
Last Coach	Allan						
Gone							