

## Week 1 GFC T&F 2024

		2/26/2024 Monday	2/27/2024 Tuesday	2/28/2024 Wednesday	2/29/2024 Thursday	3/1/2024 Friday	3/2/2024 Saturday	3/3/2024 Sunday
<b>Daily Target</b>	<b>Team Goals</b>			<b>Testing</b>	<b>Testing</b>	<b>Technique Day</b>		
<b>Team info</b>		<b>3:30 pm Throwers Door 14 /Rides</b>		<b>Early Release</b>				
		<b>3:45 pm Team Meet on Track</b>	<b>Snow Day</b>	<b>3:45 pm Practice Starts</b>		<b>3:45 pm Start on GFC Track</b>		
<b>*Once practice starts</b>	<a href="#">Team Dynamic Warmup</a>	3:50 pm 5 min warm up				3:45 pm Team meeting/5 min		
<b>No phones till end of practice</b>	<b>* Be on time for Practice</b>	3:55 pm Distance on Track		<b>Testing - VJM, VJM, Pullup</b>	<b>Testing - SLJ, 6 bound</b>	3:55 pm Distance-Track		
	<b>* Reruit a Friend</b>	3:55 pm Sprinters/Jumps		<b>Testing - 30m Flys</b>	<b>Testing - OHB, UFT, BTK</b>	3:55 pm Sprinters/jumps		
<a href="#">Team Dynamic Warmup</a>		<b>Boys - 3rd Gym</b>		<b>Boys - 3rd Gym</b>	<b>Boys - Lower Gym</b>	<b>Boys - Lower Gym</b>		
		<b>Girls - Track</b>		<b>Girls - Track</b>	<b>Girls - Track or 3rd Gym</b>	<b>Girls - Track or 3rd Gym</b>		
<b>Distance</b>		Distance Expectations				6x 30m sprints	<b>10:00 AM</b>	
Coach Allan	<b>Week Goals</b>	<b>Aerobic Run - outside</b>	<b>Snow Day</b>	<b>Aerobic Run - outside</b>	<b>Aerobic Run - outside</b>	Warm up	<b>Aerobic Run - outside</b>	
	<b>* Dress correct for outside</b>	Normal Run		<b>Testing - VJM, VJM, Pullup</b>	<b>Testing - SLJ, 6 bound</b>	<b>Tempo Run</b>		Off Day
				<b>30m Flys</b>	<b>Testing - OHB, UFT, BTK</b>			
							Long Run	
				Team Core Workout	Team Core workout	Team Core workout	Team Core workout	
<b>Sprinters</b>		Sprinter warm up	<b>Snow Day</b>	Sprinter warm up	Sprinter warm up	Dynamic warm up	stay active on own	Off
Coach Beck		Overview of individual/team goals		<b>Testing - VJM, VJM, Pullup</b>	<b>Testing - SLJ, 6 bound</b>	<b>Hurdle Walk overs</b>	stretch	
		Continous Tempo Run		<b>30m Flys</b>	Bounding	Wickets	5 min mental exercise	
		Overview of Weights		Acceleration/ Drive Phase Intro	Running Mechanic Work	30 min Cardio???		
		Cool down		Drive Phase Accel	Wickets			
				Speed tech (accel, top, decel)	Stretch	Team Core workout		
<b>Jumps</b>	<b>Week Goals: Form and mesurements</b>		<b>Snow Day</b>	Sprinter Warm Up	Sprinter Warm Up	Sprinter Warm up	Stretch/Cross Train on your own	
Coach Fenstermacher		Go With Spinters		<b>Testing - VJM, VJM, Pullup</b>	<b>Testing - SLJ, 6 bound</b>	<b>Board Measuments/Runthroughs</b>		Off
				Ab Circuit	<b>Testing - OHB, UFT, BTK</b>	7 Minute		
				Cool Down	Cool Down	Stretching Circuit/Cool Down		
<b>Hurdles</b>	<b>each athlete will have their own goal!</b>	Sprinter Warm Up		sprinter Warm Up	Sprinter Warm Up	sprinter Warm up		
Coach Gulsvig		Overview of individual/team goals	<b>Snow Day</b>	<b>Testing - VJM, VJM, Pullup</b>	<b>Testing - SLJ, 6 bound</b>			Rest
				<b>30m Flys</b>	<b>Testing - OHB, UFT, BTK</b>			
		<a href="#">Continous Tempo Run</a>		Go over hurdle Warm up	Hurdle Warm up	hurdle warm up		
		Weights/Sprinters stretch		Speed Tech/Sprinters strech	60m Hurdle Drills	300m Hurdle Drills		
				Team Core workout	Team Core Workout	Team Core Workout		
<b>Pole Vault</b>				Vaulter warm up	<b>Vaulter Warm up</b>			
Coach Caruso				<b>Into to Pole Vaulting</b>	<b>Running Mechanics Drills</b>			
				Running Mechanics Drills	Pole Drills			
				Pole Drills	Core workout			
				Core Workout				
<b>Last Coach</b>	Allan	Allan	NA	Beck			Allan	