			Week	2 GFC T&F	2024			
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		3/4/2024	3/5/2024	3/6/2024	3/7/2024	3/8/2024	3/9/2024	3/10/2024
	Team Goals	Techinque Day	Speed Day	Techinque Day	Speed Day	Techinque Day		
Team Info								
UND Spring Break	*Recuit 1 person	4- 9 pm @ FPAC	4 - 9 pm @ FPAC		4 - 9 pm @ FPAC			
		Testing 30m, 150	Testing 300m	Boys - Main Gym	8:15 pm Sprinter speed	Boys - Main Gym		
Reminders for Phone Policies				Girls - Lower Gym		Girls - Lower Gym		
Team Dynamic Warmup		5 - 6 pm GFC has LJ/TJ	5 - 6 pm GFC has LJ/TJ	LEADERSHIP RM 157	5 - 6 pm GFC has LJ/TJ			
		Lanes 2,3,4	Lanes 2,3,4	@3:05	Lanes 2,3,4			
Distance		Team Warm up	Team Warm up	6 x 30 m Sprints	Team Warm up			ON WEEK
Coach Allan		Testing - 150m, 30m	Testing - 300m			Aerobic Run	10:00 am Central	Aerobic
					400/800 - Little Greyhoud		Long Run	Run
		Aerobic Run	Speed 1600/3200	Aerobic Run	or			
			2x (4x300)		800/1600 runners - 200s learn how to run 800			
			or 3-4 x 300 w/full Recovery		2 x (4x200)			
				Team Core Workout	Experienced 800 200 Current goal pace	Team Core Workout		
Sprinters		Testing - 150m, 30m	Testing - 300m		Sprinter Warm Up	Weights Before Practice	stay active on own	Off
Coach Beck	FPAC, Tues/Thur		4 x 60m Fly 2 minute rest	As & Bs	Wickets	Reaction Drills	stretch	
	4-5pm Speed	Wickets (need 20)	Hurdle Step Overs	Straight Leg Bounds	Exagerated Form Running: Striders, Reverse Running	Hurdle Step Overs	5 min mental exercise	
WEIGHT RM 3x	5-6 pm Tech	Bounding	Reaction Drills	Lean in accs	2/ 3 point start	Wall Starts		
		2 x 100 (80-90%) 1 min rest	Abive head running	Stair Work Out	3x120 70% 2 min rest	Somesort of cardio		
				Cool down				
		Hurdle Step Overs		Team Core Workout		Team Core Workout		
Jumps		Testing - 150, 30m	Testing - 300m	HJ Runthoughs		Weights before practice	Stay active	
Coach Fensetermache	e FPAC Tues/Thur	High jump drills	Wicket Drills (30 m Progressions)	LJ Progression Drills	30 m flys/Form	Box Jumps	Stretch	Off
	4-5pm speed	LJ/TJ Measurements/Runthroughs	4 Corner Drill	Approaches	10 step SL Bounds	Cardio - 20 min: Stairs/Jog		
	TJ/LJ 5 -6pm	Hurdle Step Overs	Push ups, sit ups, mountain climbers and box jumps	Runthroughs	LJ/TJ Full Runthroughs/Jumps			
		Team Core Workout	Flexibility/Mobility Stretches	Team Core Workout	Hurdle Mobility/Rope Stretch	Team Core Workout		
Hurdles		Testing - 150, 30m	Testing - 300m	Team Warm up	Team Warm up	5 min Review goals	stay active	
Coach Gulsvig	keep in mind testing is				Hurdle Warm up	With sprinters First		Rest
	FPAC Tues/Thur	wickets	Hurdle Warm up	With Sprinters	300m drills	\		
	4-5 pm Speed	2x 200 w/Sprinters	60m Hurdles					
	5-6 pm Hurdles	cool down/stretch	cool down/stretch	Team Core Workout	cool down/ stretch	Team Core Workout		
Pole Vault		Testing - 150, 30m	Testing - 300m	vaulting warm ups	vaulting warm ups	vaulting warm ups		
Coach Caruso		Warm ups / Pole runs	Warm up/ pole runs	hurdles	pole runs	hurdles	stretch	
	7-9 FPAC	1 hand drills	1 hand drills possible 3 step/core	pole runs core	1 hand drills possible 3 step/Core	pole runs core	light core	rest
		possible 3 step/core		core		core		
Last Coach		Allan	Fenstermacher		BECK			
Coaches Gone				Elyse Gulsvig	Elyse Gulsvig	Elyse Gulsvig		