

Week 3 GFC T&F 2024

		Monday 3/11/2024	Tuesday 3/12/2024	Wednesday 3/13/2024	Thursday 3/14/2024	Friday 3/15/2024	Saturday 3/16/2024	Sunday 3/17/2024
	Team Goals	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break		
Team Info		Speed Day	Techinque Day	Techinque Day	Speed Day	Techinque Day	Fighting Hawk Classic	
		7 - 9 pm @ UND FPAC	7 - 9 pm @ UND FPAC	4:00 pm Practice GFC	7 - 9 pm @ UND FPAC	4:00 pm Team meeting EVERYONE	FPAC Unlimited	
	*Warm up			Boys Warm up Main Gym		4:15 pm Boys Warm up Main Gym	10 am Field Events Arrive 11 am Running Events Arrive	
	*Make your Event						11 am Field Events	
	*Cool down						Noon Running Events	
		7 - 8 pm GFC has LJ/TJ Lanes 5,6, 7	7 - 8 pm GFC has LJ/TJ Lanes 5,6, 7	Team Core Workout B	7 - 8 pm GFC has LJ/TJ Lanes 5,6, 7	Enteries due 6 pm Team Core Workout B	Boys first this year	
Distance				6x30m Sprints				
Coach Allan	improve training pace	Speed 1600/3200 200, 300, 600, 600, 300, 200 Tempo pace 800 with sprinters	Aerobic/Long Run Team Core Workout	Aerobic Run Team Core Workout	Practice meet warm up 800 Speed Speed 1600/800 2x(3x300) 2x(3x200)	Event Goals Aerobic Run Team Core Workout		Off Week Aerobic Run
Sprinters			Wickets			Event Goals Discuss event warm up		
Coach Beck		1st half Hurdle Flexiblty(Over and Under/ Swings Mechanic Drills(As, Lunges, Flies) 2nd Half	Reaction Drills Hurdle Flexiblty Run around track 2 laps 70% Try to keep the same pace around	As and Bs Hurdle Step Overs Wall Starts 4 x 4 laps on track (75%)	100 and 200 Hand Offs 400 Hand Offs Wickets Block Starts 30 M x 6	Meet Warm Up Wall starts Reaction Drills As & Bs Blocks		
		2 x (3x200)	Team Core Workout (week 3-4)	Team Core Workout	Hurdle Step Overs	Team Core Workout		
Jumps		7:00 - Triple Jump - 1st / 2nd Phase	Meet Warm up	Meet Warm Up	5:00 - Long /Triple	Weights		
Coach Fenstermacher		Long Jump- Landings Short / Full Approaches High Jump: Runthroughs/jumps Stretching Circuit	High Jump w/ sprinters Weights Team Core Workout	Weights Approaches w/ sprinters Team Core Workout	Discuss Event Guidelines Landing Drills Short Approaches Jumps 3 Full Jumps	Discuss event Warm up Run Thru's Stretch / Cool Down Team Core Workout		Off
Hurdles	Week Goals	warm up	warm up		warm up	Discuss event Warm up		
Coach Gulsvig			hurdle warm up 2x1 hurdle, 3x 2 hurdles, 3x3 hurdles	1st Half/Sprinters		Event Goals		Rest
			Team Core Workout	Team Core Workout	2 x 300, 2x200, 2x150	Team Core Workout		
Last Coach		Allan	Fence	Allan	Fence	Beck		
Coaches Gone		Beck	Beck	Beck			BECK	