

Week 4 GFC T&F 2024

	Monday 3/18/2024	Tuesday 3/19/2024	Wednesday 3/20/2024	Thursday 3/21/2024	Friday 3/22/2024	Saturday 3/23/2024	Sunday 3/24/2024
Team Goals	Speed Day	Technique Day	Speed Day	Technique Day	NDSU STATE INDOOR	Great North Regional	
	7 - 9 pm @ UND FPAC	3:05 Team meeting Rm 312		7 - 9 pm @ UND FPAC		Meet @ UND FPAC	
*Support your teammates *Warm up with event group		3:45 Practice Main Gym	3:45 Practice Main Gym	Practice Individual Event warm-up		10 am Field Events Arrive	
			5:30 parents meeting in choir r		8:30 am Bus Leaves	11 am Running Events Arrive	
	8 - 9 pm GFC has LJ/TJ Lanes 2, 3, 4	Team Core Week 2	Team Core Week 2	8 - 9 pm GFC has LJ/TJ Lanes 2, 3, 4	10 am Arrive at NDSU 11 am meet Starts	11 am Field Events Noon Running Events	
					Limit 4/Field, 6/running		
Distance	Team warm up			Distance Meet Warm up			
Coach Allan	Mileage		6 x 30 m Sprints	Hand offs			off Week
	8:45 pm 400 runners w/Sprinters	Aerobic Run	Aerobic Run/State Speed	800 Speed	JV Aerobic Run	Varsity Aerobic Run	
	Speed 1600/3200	Long Run	1600/3200	Finish Mileage			
	600's @ 1600 Tempo and 200 sprints		2x(3x600), 6x200				
	Finish Mileage		800/400				
			2x500, 2x200				
Sprinters	7:30- 5 x 200m 85 percent 4 min	Wall Knees		Sprinter Meet Warm up			Off
Coach Beck	Backwards Run	Wicket Hops	Backwards running	7:30 pm JV- 3 x 300m 80 percent	Accelerators ~40m		
	Wicket Hops	Wicket Run	Reaction Drills	Varsity- Blocks	Wicket Drill		
		Sled Push	Stairs	Hand Offs			
					Stretch		
Jumps	Sprinter Warm Up			8:30 pm - All Jumpers			
Coach Fenstermacher	WE have pits 8-9!! 7:45 pm - All Jumpers (Landings)	w/ Sprinters		Var - Run Thrus / Landings	w/ Sprinters		Off
	8:05 pm - Triple Jump (Phases)		Long Jump Progression	JV -Takeoff Drills/Short Approaches			
	Bounding Drills	Stretching circuit	Penultimate Step Drills				
	Ab circuit		Ab circuit	8:30 - 9 pm HJ w/Coach Delmore			
Hurdles	Team Warm up	Team Warm up	Team Warm up	Hurdler Meet Warm up			
Coach Gulsvig	Trail Legs & Lead Arms	Wickets w/Sprinters	W/Sprinters	Fence Wall Drills - 2x20 each Leg	w/ Sprinters		Rest
	Stationary Lead Leg Drills	Sliding Trail Leg 2x10		Lead leg wall w/hurdle down			
	Lead Leg Hops	Trail leg w/Surgical tubing		Lead Leg Hops			
	5 - Step Drill - Lead/trail/Over			5 -Step Drill - Lead/trail/over			
	Speed with Sprinters			3 x 60H starts - 3 Hurdles			
				8:30 pm JV- 3 x 300m 80 percent			
Pole Vault							
Coach Hegel			Set up Pads at Cushman				
			???? 25 degrees				
Last Coach	Allan	Beck		Coaches Traveling to MEETS	run jv practice?? S. Allan, Beck	S & B Allan, Beck	