

## Week 5 GFC T&F 2024

		Monday 3/25/2024	Tuesday 3/26/2024	Wednesday 3/27/2024	Thursday 3/28/2024	Friday 3/29/2024	Saturday 3/30/2024
	Team Goals	Speed Day	Techinque Day	Techinque Day	SnowBird Invite @ NDSU Indoor	No School	
		7 - 9 pm @ UND FPAC	3:45 Practice Main Gym	3:45 Practice Main Gym			
			7:00 pm PV and Jumpers at UND		9:45 am Excused from Class		
					10 am Bus leaves		
					12:30 Field Events Start		
					1:00 Running events start		
		7 - 8 pm GFC has LJ/TJ Lanes 4,5,6			limits 4/field, 6 running, 2 relays		
			Team Core Workout C	Team Core Workout C			
Distance		Team Warm up	6 x 30 m Sprints	Handoffs			
Coach Allan				Goal Setting		Aerobic Run	Aerobic Run
	Learn to Run	400m Speed	Aerobic Run	Aerobic Run		On your own	On your own
	Tired	2x500, 2x200, 90 to 100% 8 min Rest					
	Start Meet	3200 or 1600 m speed					
	Goal Setting	2x(3x600)					
		400-Current 1600 pace, last 200 sprint					
		6x200 sprint	Team Core	Team Core			
Sprinters							
Coach Beck			Reaction Drills	Wall Starts			
			Push Up Sprints	Knee Drive			
		8 pm 400 speed workout	Deep Knee Sprints	Blocks with Bands			
			Arms with weights or Batons				
			Team Core	Team Core			
Jumps			7-9pm FPAC			Cross Train	
Coach Fenstermacher		7:45 - Triple Jump (Phases)	w/ Sprinters	w/Sprinters		Stretching Circuit	
		8:30 - Long Jump (Takeoff Drills)	Run throughs/approach drills	Penultime Step Drills			
		9 pm - Speed w/Sprinters		Measurements/step drills			
			Team Core Workout C	Team Core Workout C			
Hurdles		Team Warm up	Team Warm up	Team Warm up			
Coach Gulsvig		Hurdle warm up	W/ sprints	Hurdle warm up		Stay active and stretch!!!	
		1x1h, 2-3x2h, 2-3x3h		Block starts			
			Trail legs drills	Block starts to 1h			
		8 pm 400 speed workout					
		Cool down	Core workout				
Pole Vault			7 pm UND- FPAC	3:45 at Central			
Coach Hegel		Pole Vault 7-9	Pole Vault 7-9	Weight Room/ Swing ups			
Last Coach		Allan	Beck				