

Week 6 GFC T&F 2024, Lanes 5, 6, 7

		Monday 4/1/2024	Tuesday 4/2/2024	Wednesday 4/3/2024	Thursday 4/4/2024	Friday 4/5/2024	Saturday 4/6/2024	Sunday 4/7/2024
	Team Goals	47, 7 mph. No School	47, 21 mph	52, 10 mph	60, 15 mph	67, 17 mph	66, 17 mph SSE	
		Technique Day	Sprinter Speed	Technique Day	Speed Day	Technique Day	EDC Indoor or Outdoor	
		Distance speed	Distance Long	Aerobic Run	Distance speed	Aerobic Run		
			3:45 Team Meeting Cushman				Im guesing we will be outside	
		4 pm Practice Cushman	4 pm Practice Cushman	4 pm Practice Cushman	4 pm Practice Cushman	4 pm Practice Cushman	at Cushman	
						*4x400 handoffs 1st thing	Start time, TBA	
Disance		3200 Builder		6x30m Sprints	6x30m Sprints	4x400 Handoffs		On Week
Coach Allan		3x(3x400), 4x200	Long Run	Aerobic Run		Aerobic Run		
	* Better Job	1600 Builder			1600/800 Speed			
	Warming up/down as	3x(3x400), 4x200	400 speed		2 x (3x300) @1600, 2x(3x2000@800			
	Race Group	800 Builder	100s on the minute		800 Speed			
		2x(300,300,200) 4x200	2x(8x100), 3 min btwn sets	Ab Circuit	3x300, 2x(2x200)	Ab Circuit		Ab Circuit
Sprinters		Wickets	Blocks 100 x 8	Wickets		4x400 Handoffs		Off
Coach Beck		Little Grey Hound	3 minute rest	Bounding	250 x 2, 150 x 3	4x200 hand offs		
				Skip for distance	4 minute rest	Blocks		
				4x60 flys				
			5 pm 400 Workout w/Sprinters					
Jumps		Warm up	Warm Up	Warm Up	Warm Up	Warm up		
Coach Fenstermacher	Consistency in jumps	Runthroughs	LJ/TJ Box Drills	Wicket Drills	LJ/TJ Landing Drills	Final Measurements		
		High Jump Measurements	High Jump Drills	6 Bounds	High Jump Runthroughs	30 m buildups		
		Streching Circuit	Full Runthroughs	Stretching Circuit	Final Runthroughs	Stretching Cicuit		
			Ab Circuit		Ab Circuit			
Hurdles		Warm up	Warm up	warm up	Warm up	Warm up		
Coach Gulsvig	We are Outside!!!!	W/Sprinter	Hurdle warm up	W/Sprinters	W/Sprinters	4x400 Handoffs		
	Dress for the weather!		2x2h, 2-3x4h, 2-3x5h			Hurdle warm up		
		Do hurdle stretches		Trail Leg Drills		block starts		
			5 pm 400 Workout w/Sprinters	Ab Circuit		1x1h, 2x3h, 2x5h		
		Gulsvig Gone	Cool down lap and Stretch	Gulsvig Gone	Gulsvig Gone	Cool Down and Stretch		
Pole Vault			Warm Up	Warm Up	Warm Up	Warm Up		
Coach Hegel		Set up Pads	Speed workout (200m)	Vault	Vault	Light Vaulting (4-6 Vaults Total)		
			Ab Workout	Abs		Finalize measurements		
Last Coach		Allan		Beck				
Gone					Fence, Gulsvig			