

Week 7 GFC T&F 2024

@ Cushman Lanes 2, 3, 4

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		4/8/2024	4/9/2024	4/10/2024	4/11/2024	4/12/2024	4/13/2024	4/14/2024
Weather		45, chance of rain, 10 mph	63, 11 mph	63, 14 mph	55, 20 mph	62, 11 mph	69, 19 mph	
Team Goals		Technique Day	Speed Day	Technique Day	Speed Day	Technique Day	GFC vs RR Duel	
		3:45 pm Team Meeting					10:45 Team meeting	
<i>Cushman useage</i>			<i>5 pm JV Soccer</i>		<i>5 pm JV Soccer</i>		12:30 pm Running Events	
Distance			Speed	6x30m	Speed	6x30m		off Week
Coach Allan	Even Splits in Races!!	Long Run	1600/3200m Runners		800m PaceMakers			
	Cooling down w/ team		Pace Development	Aerobic Run		Aerobic Run		
			800m Runners		1600m PaceMaker			
			Pace Deveopment					
			400m Runners speed workout					
Sprinters		Hand Off Basics	Bounding	Blocks		Wickets		Off
Coach Beck		Simulate Races	Backwards Run	Band Blocks	4x250 8m rest	Hand Offs		
	Cooling down w/team	2 receiving hands ~30m	Knee Drive	Staying Low out of Blocks	Team cool down	Blocks		
		2 giving off ~30m	Chasers- 6 x100	Block Angles	Stretch			
		ABS	Stretch	ABS				
			Team cool down					
Jumps		Triple Jump	Long jumpers	Triple Jump	Warm up	Wam ups		
Coach Fence	Cooling down w/ team	Wickets	Full run-throughs	Bounding / Phases	Landing drills	Final runthroughs		Off
		Landing Drills	Jumping Competition	w/sprinters after jumping	Buildups	Stretching circuit		
		Stretching circuit	Ab circuit	Stretching circuit	Ab circuits			
Hurdles		warm up	All 400m Runners Speed workout	warm up	warm up			
Coach Gulsvig		hurdle warm up	Warm up		w/ sprinters			Rest
	Cooling down w/team	1x1h, 3x3h, 3x5h	block starts					
		(300h) 1x1h, 3x2h, 3x3h	speed workout					
		Abs	cool down and stretch					
Pole Vault								
Coach Hegel								
			Speed with sprinters or distance		Speed with sprinters or distance			
Last Coach		Allan	Beck					