

## Week 8 GFC T&F 2024

### @ Cushman Lanes 5, 6, 7

	Monday 4/15/2024	Tuesday 4/16/2024	Wednesday 4/17/2024	Thursday 4/18/2024	Friday 4/19/2024	Saturday 4/20/2024	Sunday 4/21/2024
<b>Team Goals</b>	<b>62, 14 mph</b>	<b>55, rain, 20 mph</b>	<b>54 17 mph</b>	<b>46, 20 mph</b>	<b>47, 20mph Fargo</b>	<b>50, 13 mph</b>	
<b>Weather</b>	<b>Speed Day</b>	<b>Techinque day</b>	<b>Speed Day</b>	<b>Techinque day</b>	<b>Eagles Invite 5/event</b>	<b>Bison Elite Meet</b>	
<b>Team Goals</b>	<b>Speed Day</b>	<b>Techinque day</b>	<b>Speed Day</b>	<b>Techinque day</b>	<b>Eagles Invite 5/event</b>	<b>Bison Elite Meet</b>	
	3:30 pm Practice Bus	3:30 pm Practice Bus	3:30 pm Practice Bus	3:30 pm Practice Bus	11:00 am Excused to eat lunch	@NDSU	
	3:45 pm Team Meeting BlueLine	or at GFC?????? if rain		3:45 pm TEAM PICTURES	11:45:00 AM bus leaves		
	4:00 pm practice	4:00 pm practice	4:00 pm practice	4:15 pm practice	3:00 pm Meet Starts		
					<a href="#">Eagles Invite 5/event - LINK</a>		
<i>Cushman useage</i>		<i>5 pm JV Soccer</i>		<i>5 pm JV Soccer</i>		12:30 pm Running Events	
<b>Distance</b>	<b>3200 speed 4x1k, 4x150</b>	<b>Long run</b>	<b>1600 speed</b>	6x30m sprints		10 am practice	
Coach Allan	<b>1600 Speed</b>						
	<b>400 speed</b>		<b>800 speed</b>				
	3x(50 sp, 150 float, 100 sp)						
<b>Sprinters</b>	4x40 Fls (Ups)	<b>Sprint off wickets</b>	<b>3x200 -timed</b>	<b>Blocks with ???</b>			Off
Coach Beck	3x250	Leaning Work		Hand offs			
	<b>400 speed</b>	No Arm Wickets	older guy hand offs				
	3x(50 sp, 150 float, 100 sp)	Hand Offs for younger guys					
<b>Jumps</b>	Long jumpers	Triple jumpers	<b>Long jumpers</b>	<b>Triple jumpers</b>	<b>Long/triple</b>		
Coach Fenstermacher	Sprints/buildups	Three step drills	Broad/box jumps	Full run throughs	Measurements		Off
	Landing Drills	Box jumps	Run throughs	Hurdle step/mobility	3-4 runthroughs		
	<b>Ab circuit</b>	<b>Stretching circuit</b>	<b>Ab circuit</b>	<b>Stretching circuit</b>	<b>Stretching circuit</b>		
<b>Hurdles</b>	<b>Warm up</b>	<b>Warm up</b>	<b>Warm up</b>	<b>Warm up</b>			
coach Gulsvig	<b>Hurdle warm up -110h</b>	<b>W/sprinter</b>	<b>300m hurdlers</b>	Pre meet - block starts			
	<b>400 speed</b>			Block starts to first hurdle			
	3x(50 sp, 150 float, 100 sp)						
<b>Pole Vault</b>	Sled Pulls	Stairs/Jump Rope Circuit	4 X 100s	Vaulting			
Coach Hegel	Pole Carries	Ab Circuit	4 X 200s				
	Ab Circuit	Weight Room if at Central					
<b>Last Coach</b>	Allan						