

Week 10 GFC T&F 2024

@ Cushman Lanes 5,6,7

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024	5/4/2024	5/5/2024
Weather		44, 8 mph	54, 8 mph	64, 15 mph	55, 15 mph	53, 15 mph	55, 15 mph	
Team Goals		Technique day	Cushman Meet	Technique day	Technique day	Packer Relays		
Team Info				Lite speed Day				
		3:45 pm Practice at Central	11:30 am excused for lunch	3:30 pm practice Bus	3:30 pm practice Bus	Limits - 5/event -1 Relay		
			noon Bus leaves	3:45 pm Team Meeting		8:30 am Bus Leaves		
			12:15 pm Arrive at Cushman			11 am Field Events Start		
			12:45 pm Meet Starts			Noon Running Events		
Events at Cushman					Middle School Meet 3-7	Howard Wood Relays	Howard Wood Relays	
						Soccer 5 -9		
Distance		6x30m		Speed Varsity	6 x 30 m Sprints			
Coach Allan		Aerobic Run		4x(2x200)	Aerobic Run			
Coach Wright		4x150		90 Secs btwn 200	4x1500			
		Bouncers		2:30 rest btwn Sets				
Sprinters		ON TURF	Meet	Group Stretch	ICE	Meet		Off
Coach Beck		Reaction Drills		4x1 hand offs	Pre-Meet			
		Blocks		4x 2 hand offs	Turf Form Run			
		4x1 hand offs		Form Run	Stay Low Drills			
		Group Stretch		4 x 100	Hand Offs			
Jumps		Measurements	Meet	Group Stretch	Measurements	Meet		
Coach Fenstermacher		Runthroughs		Wicket drills	Runthroughs			Off
		3-4 jumps		Landing drills	3-4 jumps			
		Group stretch		Ab circuit	Group stretch			
				Stretch				
Hurdles		pre meet - block starts		turf 50m flys	pre meet - block starts	Meet		
Coach Gulsvig		110h starts		abs	110h starts			Rest
		300h starts		strech/ hurdle stretches	300h starts			
Pole Vault								
Coach Hegel								
		Allan Last		BECK LAST	GULSVIG LAST	Allan's to HW	Allan's to HW	