

Week 12 GFC T&F 2024

@ Cushman Lanes 5,6,7

		Monday 5/13/2024	Tuesday 5/14/2024	Wednesday 5/15/2024	Thursday 5/16/2024	Friday 5/17/2024	Saturday 5/18/2024
Daily Target	Weather	68 10 mph	71, 12 mph	62, 11 mph rain	75 11 mph	74, 17 mph	71, 13 mph
Team Goals	Team Goals	Last Chance Meet	Technique Day	Lite speed Day	Technique Day	EDC Championships	
Team info		Unlimited 11:45 pm Excused for Lunch				Limit 5/event 1 relay @ NDSU	
		12:30 pm Bus Leaves	No Practice Bus	3:30 pm Practice bus	3:30 pm Practice bus	10:45 pm Excused for Lunch	
		1:00 pm Team meeting	3:45 pm Team Meeting	3:45 pm Practice starts	3:45 pm Practice starts	11:30 pm Bus Leaves	
		1:45 pm Senior Recognition				3:00 pm Meet Starts	
<i>Cushman Events</i>		2:00 pm Meet Starts	10 am - 1 pm 5th Grade Track <i>5-9 pm soccer game</i>	<i>4:30 pm Soccer Practice</i>	10 am - 1 pm 6th Grade Track <i>5-9 pm soccer game</i>		
Distance							
Coach Allan			Aerobic Run 4x150m	EDC specific Speed Workout	Aerobic Run 4x150m		
Sprinters			Writing Goals	Full Speed and 1/2 Distance Hand Offs	Sprinter Warm Up		
Coach Beck			Arm drive	-OR- 4 40m Flys	Hand Offs	Meet	
			Barefoot jog	Everyone SPIDER	Blocks		
			Hurdle mobility		Goals		Do some stretching
			Hand Offs				
Jumps			Triple Jump - phases	3pm Weights	Hurdle Mobility		
Coach Fenstermacher		Meet	Long Jump - Takeoffs	W/ sprinters	Run Thru's	Meet	
				Hurdle Mobility			
				Long Jump --> Landings			
Hurdles		Meet	Hurdle warm-up	Hurdle warm-up	Hurdle warm-up	Meet	
Coach Gulsvig			Hurdle Rhythm		Hurdle Rhythm		
			300M Starts	300m hurdle work	Core Training		
Last Coach					Beck		