

Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #2: March 21-27

Day		Time /Schedule/Event
Monday	3/21	3:30 pm: All Team members meet in the gyms for practice – *Everyone meets in the gym for practice at 3:30 - Short sprints 3x150 (2 sets), Long sprints 3x200 (2 sets) Sprints Speed Lift #1 - Long 40-80 minutes, Progressive Strides for last 1600m
	3/22	7:30 am: Sprints/hurdles/jumps Morning Options today due to MSHSL state Basketball game. Make sure to eat something for breakfast beforehand. Must be ready for practice by 7:30am sharp. Arrive by 7:20. 3:30 pm: All remaining team members meet in the gyms for practice Sprints: doing circuits, Hurdles: Hurdling, Distance: Medium 30-60 minutes, build-ups
Wednesday	3/23	3:30 pm: All Team members meet in the gyms - Sprints/Hurdles/Jumps – FreeLap fly’s, Speed Lift #2 today -Distance: AM Shakeout (weather allowing) 400s/200s X -- move through different paces, adjusted recovery
Thursday	3/24	3:30 pm: All Team members meet in the gyms -Sprints/Hurdles/Jumps: Hamstring Circuit, Blocks lessons.
Friday	3/25	Orono indoor meet: 3:15 pm: Load buses and depart for Orono – (Students ARE allowed to drive to today’s event. They must drive themselves and are not allowed to leave school early. 3:25. -Bus Departure 4:00 pm: Enter Orono Fieldhouse – 4:00 pm: Trojan Time Trials – Parents are welcome to attend – Event Schedule will be on WayzataTrack.org 5:30 pm: Team meetings on the infield of Orono Fieldhouse 5:35 pm: return to high school via busses. *Note: we will have limited busses today, Those with a license and cars will be allowed to drive themselves (not ride share) due to close proximity of Orono high school. More info will be given during practice this week.
Saturday	3/26	9:30am: Practice – All varsity and in danger of earning varsity are required to attend – All others are also expected to attend. Weight room “Power lift” after 6x150 strides
Sunday	3/27	Off – take something or someone for a walk, maybe help a get their deck furniture out.

Vets: You had a good first week, many of you were able to be on the outdoor track this week when the vast majority of our in state competitors were not able to do. Continue to take ownership of the team this week. We have one more indoor meet to test ourselves before spring break.

Rookies: You made it through your first week as members of Wayzata Track & Field. Practice and workouts should start to feel routine this week. Continue this week to “find an event” each day. When we do hurdles, jumps, or vault consider going with that group. Throws practice everyday in gym 9.

Parents:

You are welcome to attend Friday’s meet at the Orono Fieldhouse. There is no price for admission. Parents, **We need you to join the Wayzata Boosters on behalf of Boys Track and Field. The boosters covers our indoor rentals. Keep in mind, we do not charge for meet admission so please considering joining on behalf of our team.** If you are looking to get more involved, the boys track and field team is always looking for Wayzata Boosters representatives. The group meets once a month and is the primary fundraising group for all Wayzata athletics. Contact Coach Berndt if you would like to get involved

Reminders for ALL:

- Still have clothes to workout OUTSIDE – Temps are going to feel tropical being in the mid 50's to start the week before dropping back down to the 30's/40's. Your body can ill afford to lose precious heat when getting a workout in. Always error on the side of having too much in your locker to go outside, you can always shed layers. The first days of the week most of the team will be outside at some point.
- BE CAREFUL OUTSIDE. Cars are not used to athletes using the sidewalks. Make sure you cross the street in the sidewalks. Even if you have a green light at an intersection, make eye contact with the drivers coming your way. In a battle between car and human, the car usually wins no matter what color the crossing light is. Be carefull walking to the stadium, the ~~raeetrack~~ road past the stadium can be tricky sometimes.
- Make sure to check the schedule for Friday afternoon. We have a lot of moving pieces starting after school. Plan on bringing some light foods for right after you compete. Do not rely on vending machines prior to departure.
- Do not throw snow at other people/cars/animals outside. It is annoying and counterproductive to getting a workout in outside.

Next Week:

- Many of you have term 3 finals next week. Use the weekend to prepare for these final exam/projects/labs... Spring Break starts next week. Remember, our team policy is that if you are in town, you need to be at practice, if not you need to let us know and follow the practice schedule on your own.
- Make sure to communicate with your event coaches next week as to when you might be out of town for spring break. It is expected that if you are in town you should be at practice. If you are traveling for spring break you should have a plan for workouts. Don't lose your fitness after almost three weeks of the season completed.
- We are issuing uniforms on Tuesday of next week. Listen for instructions on what time and which line to enter for uniform distribution.

**I let my feet spend as little time on the ground as possible. From the air,
fast down, and from the ground, fast up.**

Jesse Owens

Wayzata Trojan Indoor - March 25, 2022

We have rented out a few hours at the Orono indoor fieldhouse. This is only the boys team going in the first half, the girls team is attending after the boys session

Fridays schedule.

3:30 pm: Load buses and depart for Orono

4:00 pm: Enter Orono Fieldhouse – May need to start warmups outside facility

4:00 pm: Trojan Time Trials – Parents are welcome to attend – Event Schedule will be on WayzataTrack.org

5:30 pm: Team meetings on the infield of Orono Fieldhouse

5:32 pm: return to high school via busses.

Wayzata Athletes do not need to be in school issued uniform today.

Night schedule: Starting at 5:30PM for team entrance - time updates will be posted prior to the meet day if any.

4:20 - Wayzata Schedule (rolling time schedule) – Warmups start as soon as we arrive.

4:20 - 800 Meter run (fast heats)

- 60M high hurdles

- 60 Meter dash

- 800 Meter run (second heats)

- 200 Meter dash

- 400 Meter dash

Most sprinters will do the 60m and either the 200m or 400m. Distance will either do the 800 and 400 or just the 800.

4:30 (Field events) - Pole vault will be ongoing, Shot put will be ongoing, high jump will start at 2:30. long jump/triple jump will start at 2:30 and will continue throughout the meet. If you are doing a race on the track and a field event you should check in your name for the field event and go to the race. Go back to your field event after you have raced and recovered.

Approx. 5:35 – Team meeting on the infield

Load buses for Wayzata - Home by - 6:00

The entire “meet” will be over in two hours. We have two hours of time from the time we arrive at the facility. There is no admission. Orono is on spring break this week.

Saturday practice: team members will have practice at Wayzata High School starting at 9:30A.M. All varsity are required to be in attendance and all others are expected to be there as well.