

# Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #3: March 28-April 3, 2022

Day		Time /Schedule/Event
Monday	3/28	3:30 pm: All Team members meet in the gyms for practice – *Everyone meets in the gym for practice at 3:30 Mon-Thur this week. Friday/Saturday TBD Sprints/Hurdles/Jumps: bring clothes for outside practice. Speed Endurance and <b>Speed lift #1</b> *Short sprints: 2 sets of 5x200m on the 2:30; Long sprints:12-14x200 on the 2:00 Distance: Longer Dist: Threshold X plus 150’s, Shorter Dist: Short Threshold plus 150’s
	3/29	7:45 am: Potential AM uniform distribution, Announcement at practice today for more info. 3:10: pm Uniform distribution in gyms. All team members pick up uniform top. Pick up uniform bottom only if you did not order or have the blue compressions. If you want compressions still, Coach Berndt has extra you can still buy. 3:30 pm: All Team members meet in the gyms for practice Sprints: Recovery Day – Hamstring circuit. Distance: Medium and strides
Wednesday	3/30	3:30 pm: All Team members meet in the gyms - Sprints/hurdles/jumps Freelay 10m Meter Fly (two timed runs). <b>Speed Lift #2</b> - Distance: Long Run, Progressive Strides
Thursday	3/31	10:00 am: Distance runners meet. Medium and build ups 3:30 pm: All other team members meet in the gyms - There is no school today but teachers are in session all morning. We will practice in the afternoon.
Friday	4/1	<b>Spring Break Schedule Begins</b> 10:00 am – Practice for distance. (morning is preferred time for these events) - Longer Dist: 400’s, Shorter Dist 100-200 combo 10:00 am – Practice for throws 3:00 pm – Primary practice for vault, sprints, hurdles, jumps - Short sprints: 150’s (fast) long sprints: 200’s (fast). - <b>“power lift”</b> for sprints/hurdles/jumps
Saturday	4/2	9:30am: Practice – All varsity and in danger of earning varsity are required to attend – All others are also expected to attend.
Sunday	3/31	Off – take something or someone for a walk.

**Vets:** You have had two good weeks of training and had two chances to get times/marks now. Keep building from here. Make sure to encourage the rookies in what they are doing. Remember how much it meant to you when that happened a couple years ago. Make sure you have a plan for spring break. If you are here, you need to make sure you are getting in to school for practice. If you are gone you need to make sure you are working out. We can not take a week off from practice and still win a true team state meet. We need to build upon the work you have already done! We have our first varsity invitational the Friday we return from break against some really good teams.

**Rookies:** You have made it through two weeks as members of Wayzata Track & Field. You are still not locked in to events yet even though we have had two practice meets now. Make sure to get out of your comfort zone and keep trying new events. If you are unsure where to go to try a new event you, just need to talk to any of the coaches and they can help you out. This week we change up our schedule a bit with spring break starting. If you have questions about times and where to meet you need to listen in the team meetings and ask coaches when confused.

**Parents:** Remember our policy for spring break is: If they are in town they are expected to be at practice. If they are out of town they are expected to be working out. We will have plans for the kids to follow if they are out of town. They should connect with their event coach in person if they are going to be gone sometime this week.

### **Reminders for ALL:**

- Make sure to stay on top of practice and workouts over spring break if you are not in town. Remember, if you are in town, be at practice each day. If you are traveling, you need to connect with your coach this week and get a plan from him for workouts. Do not let your work from the past two-week slide.
- Still have clothes to workout OUTSIDE – Temps are going to feel tropical being in the mid 30's all week but 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
- 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 care full walking to the stadium, the ~~racetrack~~ road past the stadium can be tricky sometimes.
- Make sure to check the schedule Spring Break. We have many different practice times for different events. Make sure to connect with your event coaches if you have questions.
- Ordered apparel should be in just after spring break. I will let you know as soon as I know when it is in.

### Next Week:

- We are following the spring break schedule all next week. If you are unsure of times make sure to check in WayzataTrack.org for times. Distance and throws will go at 10:00 am. All others will practice at 3:00 pm.

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**Competing is like mouthwash; if you can feel the burn, it's working.**

*Brian Tackett*