

# Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #3: March 27-April 2, 2023

Day		Time /Schedule/Event
Monday	3/27	3:30 pm: *Everyone meets in the gym for practice at 3:30 Mon-Friday this week. <u>Sprints/Hurdles/Jumps</u> : bring clothes for outside practice. <u>Short Sprints</u> : Speed Endurance 10-14x100m and <b>Speed lift #1</b> <u>Long Sprints</u> : Long sprints:12-14x200 on the 2:00 <u>Hurdles</u> : Will mix in 300m hurdles with speed endurance <u>Long Distance</u> : Longer Dist: Threshold X plus (3+ miles work +2-4 200's) <u>Shorter Distance</u> : Progressive 300's (Spikes/cheaters) <u>Rookie Distance</u> : 5 min threshold +3-6 x150'm finishes (speed)
	3/28	3:30 pm: All Team members meet in the gyms for practice <u>Short Sprints</u> : Recovery Day – Hamstring circuit –X-Factor – <u>Long Sprints</u> : Recovery Day (some will run outside) – Hamstring circuit –X-Factor – <u>Hurdles</u> : Some hurdles drills possible based on Mondays workout <u>Distance</u> : Medium and strides <u>Jumps</u> : High Jump inside today
Wednesday	3/29	3:30 pm: All Team members meet in the gyms for practice <u>Short Sprints</u> : 2 sets of 200/150/100 (rookies will do one set) 5min between reps - <b>Speed Lift #2</b> <u>Long Sprints</u> : 2 sets of 300/200/100 (rookies will do one set) 5min between reps - <b>Speed Lift #2</b> <u>Long Distance</u> : Longer run, Progressive 200m Strides <u>Short Distance</u> : 8-12 5K paced 400', 4x200 @31-34 <u>Distance Rookies</u> : Longer run
Thursday	3/30	3:30 pm: All Team members meet in the gyms for practice <u>Distance</u> : TBD with weather <u>Long Sprints</u> : easy run and strides <u>Short Sprint</u> : Drills and strides <u>Jumps</u> : High Jump inside today
Friday	3/31	3:30 pm: All Team members meet in the gyms <u>Sprints</u> : Sprints/hurdles/jumps Freelay 10m Meter Fly (two timed runs) and additional flies <b>“power lift”</b> for sprints/hurdles/jumps <u>Jumps</u> : Long/Triple will do approach work before/after flies <u>Distance</u> : TBD with weather
Saturday	4/1	<b>Spring Break Schedule Begins</b> <u>Distance</u> : Run on your own Saturday or Sunday, take one day off <u>Long Sprints</u> : 2-3 mile run with strides <u>Short Sprints</u> : warmup and strides
Sunday	4/2	Off – take something or someone for a walk.

**Note: If you do not see your event group daily specific instruction, you will receive your specific workout at the start of practice.**

**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 next week. If you are gone you need to makes 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 as Wayzata hosts the Lake Conference Relays

**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. Next 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. PLEASE JOIN THE BOOSTERS (<https://www.wayzataboosters.org/>) if you have done so already as a member of the Track & Field Booster membership. The boosters account pays nearly \$2,000 of our indoor fieldhouse rental time.

#### **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 and 40'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*