

Wayzata Boys Track and Field

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Week #6: April 17-23, 2023

Day		Time /Schedule/Event
Monday	4/17	3:30 pm: All Team members meeting location is TBD; prefer outside but might be inside, check locker room doors for a sign– <u>Sprinters</u> : Pre- meet, Hamstring circuit, 4x2 handoffs and strides. – Sign up for events today. Will go outside as the weather allows it <u>Distance</u> : Pre-meet or extended pre-meet for majority of distance 4x4 / 4x8 handoffs
Tuesday	4/18	3:30 pm: Meet Day – Wayzata vs Blaine boys only dual at Wayzata High School. All Wayzata athletes participate today. If you are in an early event (110 hurdles/100/field events) you will be dismissed from class at 2:30. All Team members should be in full uniform today. Change right away then come out to the stadium. You should be in the stadium no later then 2:45. Wayzata Team camp will be near the 300m start line on the back side of the turf fields.
Wednesday	4/19	3:30 pm: All Team members meet INSIDE most likely in the stadium for practice – <u>Short Sprints</u> : drills, X-factor ; Speed lift #1 today <u>Long Sprints</u> : Easy recovery run, strides, Speed Lift#1 today <u>Distance</u> : post meet recovery, (Longer medium) those on maintenance plan will use this as cross training / zero impact day.
Thursday	4/20	3:30 pm: All Team members meet INSIDE most likely in the stadium for practice due to weather – <u>Short Sprints</u> : Speed work today – most likely fly indoor, possible free lap, hip routine after <u>Hurdles</u> : 300m hurdle work today – Flys into 300m hurdle, modified speed lift #2 today (bands) <u>Long Sprints</u> : TBD with weather. If possible track work, otherwise flys today <u>Distance</u> : TBD with weather. Potential workout dependent upon weather and Saturday availability
Friday	4/21	3:30 pm: Most likely meet cancelled today due to cold/rain. Most likely meet INSIDE today <u>Sprints</u> : Drills, Stride, Hamstring circuit/Core <u>Distance</u> : TBD
Saturday	4/22	9:30am: Practice – All varsity and in danger of earning varsity are required to attend – <u>Sprints</u> : Workout today – TBD based on weather but a speed temp work today. Weight room “Power lift” <u>Distance</u> : TBD on workout with weather.
Sunday	4/23	Off – take something or someone for a walk.

Vets: We had really good meets this past week. Friday was really windy going against you as you came in to the finish line, your times were good and you beat some good competition. Some of our guys ran/jump/threw some for the best times/marks in the state in the early season. Our 4x2 and 4x4 have the leading times in the Minnesota right now. These are going to be very competitive relay teams to make. This is going to be another meet of shuffling around to determine who earns the top varsity slots come May – We have a lot of chances to earn a varsity spot on the true team roster this week. Take advantage of the opportunity. We should have ok weather for Tuesday– enjoy the experience. Friday looks to be very questionable for hosting a meet right now. Low 40’s and rain. We will determine on Monday if this meet is going to happen or not.

Rookies: We are now in to the part of the season where we get the chance to start competing regularly. You will another big chance to start getting some times/marks in meets. Now is the time to really start seeing your hard work pay off.

Parents:

Come to meets and watch. They are not long at all and many of them are here at WHS including again this week. Thank you for supporting your son and Wayzata Track & Field!

Reminders for ALL:

- 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.
- DO NOT CROSS HIGGWAY 55 when you are running...ever. We can not take chances when running across that road.
- Ordered apparel should arrive this week. Fed-Ex at least says it should be.
- Keep an eye on the weather this week, winter does not want to let us go.

Next Week:

- We have two meets next week on Thursday. We will be taking about 60-70 boys to Lakeville South for a 8 team boys True Team meet. The remaining 130ish members of the team will be home for a boys lake conference JV meet. Both meets should be highly competitive and good experiences. The last week of April is next week!

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

Brian Tackett