

Wayzata Boys Track and Field

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Week #7: April 24- April 29, 2023

Day		Time /Schedule/Event
Monday	4/25	3:30 pm: All Team members meet outside today for the start of practice – <u>Long and Short Sprints</u> : Max speed: 4x30m Fly in Spikes , 5min recovery, 4x100 handoffs, Speed Lift #1 You will be in different groups cycling Fly's, 2. wickets, 3. 4x100 handoffs. <u>Hurdles</u> : Hurdles along curve at 300m dist. 2x30 Fly, Speed Lift #1 <u>Horizontal Jumps</u> : Approach work on runway in spikes, Speed Lift #1 <u>Distance</u> : Medium / buildups
Tuesday	4/26	3:30 pm: All Team members meet in the stadium today. <u>Long Sprints</u> : Speed Tempo. 10x200 on the 2:00 <u>Short sprints</u> : Speed endurance. 5x120 (build for 20m, hold for 100) in spikes <u>Distance</u> : Threshold or speed (depending on weather)
Wednesday	4/27	3:30 pm: All Team members meet in the stadium today. <u>Sprints</u> : pre-meet day – 4x4 exchanges – Some speed lift #2 <u>Distance</u> Pre-meet day – 4x4 exchanges
Thursday	4/28	Meet Day – Every team member will compete at either the Lakeville South Cougar Invite of the Lake conference boys triangler at Wayzata. 1:00 pm: Lakeville S athletes dismissed from class: Depart on bus at 1:15. Final event at 6:45 3:00 pm: Lake Conf triangle at Wayzata, first event at 4:00, Final events done by 6:00
Friday	4/29	3:30 pm: All Team members meet in the stadium today. <u>Sprints</u> : Post meet <u>Distance</u> : Post meet Note: Some members may be competing at Hamline Elite tonight, stay tuned
Saturday	4/30	9:30am: Practice – All varsity and in danger of earning varsity are required to attend – All others are also expected to attend. All team members being considered for True Team MUST attend. <u>Sprints</u> : Max Speed Day: Weight room “Power lift” <u>Distance</u> : Long run, Meet at Central Middle for run on Luce line
Sunday	5/1	Off – take something or someone for a walk.

Vets: We are in another week of True Team auditions – We have a lot of chances to earn a varsity spot on the true team roster this week. Take advantage of the opportunity. We have our first real big invitational at Lakeville South. Last year, 8 of the 9 teams competing qualified for the State True Team meet. This meet is actually scored in the True Team format so it should be a fun night. Take note, the section 7AAA True Team state qualifier is only 2 and a half weeks away!

Rookies: We are now in to the part of the season where we get the chance to start competing regularly. You had a good week last week with two competitions. Now is the time to really start seeing your hard work pay off. Many of you will compete at a very good Lake conference triangular at Wayzata this week.

Parents:

Keep coming to meets and watch. They are not long at all and many of them are here at WHS. 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 arrived last week for the people that ordered the first order. It will be in room c-418 this week. The second order should be here on Monday or Tuesday morning. Fed-Ex at least says it should be.

Next Week:

- We have two meets next week. Wednesday is our first Lake conference JV meet at Hopkins and our home invitational next Friday night. Both meets should be highly competitive and good experiences. Welcome to May next week!

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

Brian Tackett