

Wayzata Boys Track and Field

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Week #8: May 1 - May 7, 2023

Day		Time /Schedule/Event
Monday	5/1	3:30 pm: All Team members meet outside today for the start of practice – <u>Sprints</u> BIG workout day - BRING SPIKES OUTSIDE <u>Short Sprints</u> : 200m-150m-150m (in spikes). Rest is 12 min after 200, 10 min after 150. Speed Lift #1 <u>Long sprints</u> , 3x300 with 15 min rest. Speed Lift #1 <u>Intermediate Hurdles</u> , 3x150 with hurdles, Lift in weight room for all sprinters, hurdles, jumps <u>Distance</u> : Wed racers: goal pace 1600 workout (spikes) <u>Distance</u> : Friday racers: medium and strides
Tuesday	5/2	3:30 pm: Meet outside in the stadium <u>Sprints</u> : recovery day, Drills/Strides/core workout. Pre-meet for Wednesday racers <u>Distance</u> : Wed racers: pre-meet, <u>Friday racers</u> : Goal workout #1 (spikes/cheaters)
Wednesday	5/3	MEET DAY – All athletes competing at Hopkins today are excused from class at 2:40 with the bus leaving PROMPTLY at 3:00PM, The meet starts at 4:00 and will be done by 6:00. 3:30 pm: All other Team members meet in the stadium today. <u>Sprints</u> : Max speed, sprint handoff work, block flies, open flies, - 4x100 handoffs work Speed Lift #2 <u>Hurdles</u> – 110m Start work through 4 hurdles – Speed Lift #2 <u>Distance</u> Friday racers: medium and strides
Thursday	5/4	3:30 pm: Meet outside in the stadium <u>Sprints</u> : Drills/Strides/Corework – Some will do 4x200 or 4x400 work <u>Distance</u> : Medium and strides, Friday racers: premeet
Friday	5/5	3:00 pm: Wayzata Relays in the stadium – Follow the meet schedule . Team camp will be OUTSIDE fence just outside the 200 m Start under our blue/white tents. 3:30 pm. Practice. For those who competed Wednesday and are not in today's varsity meet. You will meet for practice in the open field next to the community softball fields. Right next to the sand volleyball courts and playground. <u>Sprints</u> : For those not in today's meet: Sprint work: Mini Hurdles and sprint work - Go watch varsity meet <u>Distance</u> : workout for some, medium for others (depending on Saturday)
Saturday	5/6	9:30am: Practice – All varsity and in danger of earning varsity are required to attend – All others are also expected to attend. <u>Sprints</u> : post meet days: Weight room “Power lift” <u>Distance</u> : Long run, Meet at Central Middle for run on Luce line
Sunday	5/7	Off – take something or someone for a walk. Formula 1 - Miami Grand Prix

Vets: We are in the final week of True Team auditions – We have two meets to make your space on the 50 person True Team roster. We have two meets this week. Wednesdays Lake conference triangular at Hopkins and Friday's Wayzata Relays. There will be guys competing Wednesday who WILL make the 50 person roster and competing Friday night does not guarantee a place on the True Team lineup. Make the most of your chances this week. The weather should be much better this week.

Rookies: We finally are going to have decent weather. We have two meets this week. You should start seeing the benefits of your hard work now this week in these warmer weather meets. Our meet on Wednesday will be a great meet to show great time/marks. Friday night is an awesome home meet featuring 18 teams from around the state. Be sure to come out and watch the meet and support your team.

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 HIGGGWAY 55 when you are running...ever. We can not take chances when running across that road.
- Ordered apparel has arrived. It will be in room c-418 this week if you did not pick it up yet.
- There are AP tests starting this week. Be sure to make sure academics are a priority if you are testing but be sure to communicate with your coaches if you have conflicts this week.

Next Week:

- Wednesday is the Section 7AAA True Team meet...the State meet qualifier. Much of our season team measure of success will depend on this meet. You have all done the work, make nutrition and sleep
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Competing is like mouthwash; if you can feel the burn, it's working.

Brian Tackett