

# Wayzata Boys Track and Field

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Week #9: May 8 - May 14, 2023

| Day       |     | Time /Schedule/Event  |
|-----------|-----|---|
| Monday    | 5/1 | 3:30 pm: All Team members meet outside today for the start of practice –<br><u>Sprints</u> - BRING SPIKES OUTSIDE<br><u>Short Sprints/jumps</u> : 4x30 fly, some will do 4X100 exchanges, Speed Lift #1 today<br><u>Long sprints</u> , 4x30 fly, Speed Lift #1 today<br><u>Intermediate Hurdles</u> , 3 flys in to hurdle into 1 hurdle (300 height) 2x30m fly, Speed Lift #1<br><u>Wednesday racers Distance</u> : Set up workout, cutdown 2s and finishes<br><u>Friday racers Distance</u> : Medium and strides                                   |
| Tuesday   | 5/2 | 3:30 pm: Meet outside in the stadium<br><u>Sprints</u> : True team athletes: Drills, strides, core, some 4x2 and 4x4 exchange work<br><u>Friday racing sprints</u> : 4x120m finishers (in spikes)<br><u>Wed racers Distance</u> : pre- meet<br><u>Friday racers Distance</u> : Threshold and Speed  |
| Wednesday | 5/3 | <b>MEET DAY – Section 7AAA True Team State Qualifier! At Eden Prairie</b><br><i>Some events will need to leave school earlier today for the meet. We have three bus departure times</i><br><i>Noon departure: boys high jumpers, 1:30 departure: boys Long jump, discus, 4x800, 3:00pm, everybody else.</i><br>3:30 pm: All team members not in the True Team will meet in the stadium today.<br><u>Sprints</u> : recovery day, warmup/drills, hamstring circuit, core<br><u>Distance Friday racers</u> : easy 20 min on your own plus ins and outs |
| Thursday  | 5/4 | 3:30 pm: Meet outside the stadium, there is a girls JV meet today, we will meet in the grass field outside the stadium.<br><u>Sprints/hurdles/jumps</u> : True Teamers will do post meet, Friday racers will do pre-meet.<br><u>Distance</u> : True teamers: recovery, Friday racers: premeet   |
| Friday    | 5/5 | Meet Day -Wayzata vs Stillwater dual. Meet will start at 4:00 in the Wayzata Stadium<br>3:30 pm. Practice. For those who competed Wednesday and are not in today's meet – Warmup, drills, hamstring circuit. Will do workout tomorrow.<br><u>Non racing Distance</u> : medium and strides   |
| Saturday  | 5/6 | 9:30am: Practice –<br>Long Sprints: 8x200 on the 2:00 at 28-29 – “Power Lift” today<br>Short Sprints: 5 by 150m on the 2:30 - “Power Lift” today<br>Distance: Practice location to be determined. Will be notified at practice this week.   |
| Sunday    | 5/7 | Off – take something or someone for a walk.<br>Mothers Day's is today. Thank you mom's for all you do!  |

**Vets:** It is True Team Section meet week. This is the first step we need to ace in order to challenge for a True Team Championship. The weather should be nice this week for the section 7AAA meet. Pay attention to the small things leading up to the meet and during the meet. You are just starting to your peak championship season. Have fun in these meets, these are the meets you will remember for a long time. Make sure you are getting sleep this week to allow for your bodies to perform at a high level.

**Rookies:** You have had an awesome last couple of weeks. Keep it rolling. For many of you, we will be setting you up for some fast races or long distances. Only a couple weeks of the season remain for you and you should really see some strong performances.

## Parents:

Keep coming to meets and watch. We have had a lot of good performances and your boys are competing well. 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 has arrived. It will be in room c-418 this week if you did not pick it up yet.
- There are AP tests continuing 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:

- The state True Team meet is hopefully next week, it will be our most important meet of the season. 9<sup>th</sup> and 10<sup>th</sup> graders will have the Lake conference 9/10 championship. A chance to compete against boys the same grades as you. This meet is usually a preview of the conference champion in the next few years.

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

*Brian Tackett*