Pleasant Valley Girls Track and Field 

Week 11 Training Plan April 29-May 4, 2024

**Monday – April 29, 2024 – Practice @ 3:45pm @ PVHS; HS Boys Soccer vs. Iowa City Liberty – 5:30 - p.m.**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| Warm-up routine, Sprint Drills  100/200  4 x 50m accelerations  2 x Flying 150’s @ 90%   Rest: 10 minutes  400  (400): 1 x 300m Event Run or 2 sets of 2 x 200  2 x Flying 150’s @ 90%   Rest: 10 minutes  **400 Hurdles**  2-3 x starts over 7 to 8 hurdles (300 meters)  Rest: 10 minutes or Event Run (300m), then 3 x 150m over hurdles | Non-Drake participants:  10-minute warm-up  Workout  10-minute Cooldown  Drake Relays participants:  Easy run  20-40 minutes  4-6 x strides |

**Tuesday – April 30, 2024 –Practice @ 3:45 p.m. @ PVHS; HS Girls Soccer vs. Davenport North @ 5:30 p.m.; MAC Pasta Party @ 5:30 p.m. (Cafeteria)**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| 100/200/400  Warm-up routine; hurdle drills  6-8 x 100m @ tempo (75-80% w/45-60 second recovery)  **100m Hurdles**  2 x starts over 5 hurdles  2 x starts over 10 hurdles @ discounted distance  Relay handoffs (4 x 200; Distance Medley);  **High Jump**  **Long Jump** | Easy run  20-40 minutes  4-6 x strides  OR  Workout |

**Wednesday – May 1, 2024 – Practice @ 3:45 p.m.; Early out; Senior Athletic Awards @ 6:00 p.m.**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| Warm-up routine  2 x 150m buildups (50-75-95)  3 x 30m block starts  Handoffs (4 x 100 and Sprint Medley)  Cooldown/Stretch  Core | Pre-meet:  20-25 minutes  2 x 200, 2 x 150 |

**Thursday – May 2, 2024 – MAC Conference Meet @ Central DeWitt (4:00 pm – Field Events; 4:30 pm – Running Events)**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| **MAC Conference Meet @ Central DeWitt High School – 4:00 p.m.** | **MAC Conference Meet @ Central DeWitt High School – 4:00 p.m.** |

**Friday – May 3, 2024 – Practice @ 3:45 pm; Girls Soccer @ Geneseo @ 5:30 p.m.**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| Team Meeting  Workout TBD for varsity athletes that will compete @ District/Regional Meet  Uniform/Warm-up suit return | Easy run  20-40 minutes  4-6 x strides |

**Saturday – May 4, 2024 –**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| **100m Hurdles** @ TBD  **High Jump** @ TBD | 10-minute warm-up  Tempo/Progressive run  10-minute cooldown |

**Monday, May 6 - Practice at 3:45 @ PVHS**