

# Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #3: March 24-March 30, 2025

Day		Time /Schedule/Event
Monday	3/24	3:35 pm: *Everyone meets in the gym for practice at 3:35 Mon-Friday this week. (unless competing Thursday) <u>Sprints/Hurdles/Jumps</u> : bring clothes for outside practice! <u>Short Sprints</u> : 2 sets of 200, 250, 100. Rest of 6', 5', 4'. Dress Warm – NO Lift today – Hips only <u>Long Sprints</u> : Ladder – 400, 300, 200, 200, 300, 400 – rest of 4', 3', 2', 2, '3' – NO Lift today – Hips only <u>Hurdles</u> : With Sprints <u>Distance</u> : SJU racers: Fartlet workout ; Bethel Racers: Short Tempo intervals +200's <u>Jumps</u> : High Jump outside today – Triple Jump outside today.
Tuesday	3/25	3:35 pm: All Team members meet in the gyms for practice <u>Long/ Short Sprints</u> : Ply Exercises - Bounds/Pogos/Hops/Skaters/StepUps - Abs/Back - <b>Speed Lift #1</b> <u>Hurdles</u> : Hurdle technique today in gym <u>Distance</u> : Medium and strides (Core X and back) <u>Jumps</u> : With Sprints
Wednesday	3/26	3:35 pm: All Team members meet in the gyms for practice <u>Short Sprints</u> : Pre- meet/recovery day – Strides - Hips / Back – Some 4x200 handoff work. <u>Long Sprints</u> : Preemeet/Recovery: Light run etc... Hips / Back – <u>Hurdles</u> : With Sprints <u>St Johns Distance</u> : Pre-meet <u>Other Distance</u> : Longish run <u>Jumps</u> : Long Jumps today
Thursday	3/27	3:00 – <u>St Johns competitors</u> - Dismissed from Class – <b>Bus LEAVES at 3:15 SHARP</b> – See schedule below for full days time schedule. 3:35 pm: All other Team members meet in the gyms for practice <u>Other Distance</u> : Meet in gyms with Coach Heebink <u>Other Sprint/hurdles/jumps</u> : Meet Coach Trimberger for workout in gym - Warm up drills, 4 or 5 30m Flys (8:00 min recovery in between. Abs/Back
Friday	3/28	3:35 pm: All Team members meet in the gyms <u>Sprints</u> : Sprints/hurdles/jumps: Recovery/post meet day. Long Strides and <b>Power Lift</b> <u>Distance</u> : TBD
Saturday	3/29	<b>Spring Break Schedule Begins</b> <u>Distance</u> : Run on your own Saturday or Sunday, take one day off <u>Long Sprints</u> : 2-3 mile run with strides <u>Short Sprints</u> : warmup and strides
Sunday	3/30	Off – take something or someone for a walk.

**Note:** If you do not see your event group specific instructions, you will receive your specific workout at the start of practice.

**Everybody:** This is our final week before our Spring break week. Three weeks of a solid base. For those who have raced twice, that is two times you got to test yourself and set a mark to try and beat later this season. We are able to take about 70 of you to St Johns this week. We will bring about 10 guys on average per event. We are only bringing guys if we can get them in a couple events. The meet at St Johns is against the Class AA state champs, Alexandria, and perennial rival, Minnetonka. It will be a great meet for us this week at a facility we have not been to in at least 10 years.

**Vets:** You have had two good weeks of training and had two chances to get times/marks now. Keep building from here. Make sure to encourage the rookies in what they are doing. Remember how much it meant to you when that happened a couple years ago. Make sure you have a plan for spring break. If you are here, you need to make sure you are getting in to school for practice next week. If you are gone you need to makes sure you are working out. We can not take a week off from practice and still win a true team state meet. We need to build upon the work you have already done! We have one last Indoor meet this week in a new venue. We have our first varsity invitational the Friday we return from break against some really good teams at the Lake Conference Relays

**Rookies:** You have made it through two weeks as members of Wayzata Track & Field. You are still not locked in to events yet even though we have had two practice meets now. Make sure to get out of your comfort zone and keep trying new events. If you are unsure where to go to try a new event you, just need to talk to any of the coaches and they can help you out. Next week, we change up our schedule a bit with spring break starting. If you have questions about times and where to meet you need to listen in the team meetings and ask coaches when confused.

**Parents:** Remember our policy for spring break is: If they are in town they are expected to be at practice. If they are out of town they are expected to be working out. We will have plans for the kids to follow if they are out of town. They should connect with their event coach in person if they are going to be gone sometime this week. PLEASE JOIN THE BOOSTERS (<https://www.wayzataboosters.org/>) if you have done so already as a member of the Track & Field Booster membership. The boosters account pays nearly \$2,000 for our indoor fieldhouse rental time.

### **Reminders for ALL:**

- This is a really uncertain week with the weather. Everything this week depends on what we can or cannot get done on Monday and Tuesday! We will need to be really flexible with any potential closures/delays and what workout space we have available.
- Make sure to stay on top of practice and workouts over spring break if you are not in town. Remember, if you are in town, be at practice each day. If you are traveling, you need to connect with your coach this week and get a plan from him for workouts. Do not let your work from the past two-week slide.
- Still have clothes to workout OUTSIDE – Temps are going to feel tropical being in the mid 40's all week but your body can ill afford to lose precious heat when getting a workout in. Always error on the side of having too much in your locker to go outside
- 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.
- Make sure to check the schedule Spring Break. We have many different practice times for different events. Make sure to connect with your event coaches if you have questions.
- Ordered apparel should be in just after spring break. I will let you know as soon as I know when it is in. This is one last apparel order form on the website right now.

### Next Week:

- We are following the spring break schedule all next week. If you are unsure of times make sure to check in WayzataTrack.org for times. Distance and throws will go at 10:00 am. All others will practice at 3:30 pm as usual.

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

*Brian Tackett*

## St Johns Central MN Invite Indoor T&F Meet

### Wayzata Team Travel Information - March 27, 2025

On Thursday, March 27<sup>th</sup>. Wayzata boys Track & Field will travel to the Central Mn Invitational Indoor Track & Field Meet. The meet will take place on the campus on St Johns University in Collegeville, Mn. Attached is the meet information and schedule for the day:

**Bus Load time: 3:00 APM – Bus Departs from WHS NO LATER then 3:15 AM**

Day of meet Packing list:

#### Competition gear:

\_\_\_\_\_ Team shorts / compressions

\_\_\_\_\_ Team Jersey

\_\_\_\_\_ Spikes/competition shoes

\_\_\_\_\_ Warm up gear

#### Fuel:

\_\_\_\_\_ Healthy lunch in the PM (final big meal)

\_\_\_\_\_ Extra snacks for bus ride

\_\_\_\_\_ Healthy lunch at meet – work around events

\_\_\_\_\_ Fuel during the meet

- Light foods

- simple sugars for between events

\_\_\_\_\_ Fluids – extra water bottle

#### Clothes:

\_\_\_\_\_ Extra clothes as needed

\_\_\_\_\_ Extra shoes as needed

\_\_\_\_\_ Warmups – no shorts for warmups

\_\_\_\_\_ Clothes for ride home

**- We will eat as a team concluding the meet. Information will be provided as the meet day approaches.**

**Please bring \$5 cash on the day for dinner. We will order Pizzas and drinks to have at the fieldhouse before we depart St Johns.**

- Anticipate arrival back at WHS close to 9:00 - 9:30 PM

## St Johns Central MN Invite Indoor T&F Meet

St Johns University Track & Field Complex – Collegeville, MN - March 28, 2025

5:30 Long jump (boys both runways)-

High Jump (girls first)

Shot put (boys first)-

5:30 Pole Vault (boys first)

Triple Jump (probably after LJ)

5:00pm – Fieldhouse open for warmup

5:30PM – Running time schedule.

4 x 800 meter relay - (2 WHS Teams) Gold:

Blue:

60m hurdles

60 meter dash

1600 meter run

4 x 200 meter relay (2 WHS teams) Gold:

Blue

400 meter dash

800 meter run

200 meter dash

7:45PM 4 x 400 meter relay - (2 WHS Teams) Gold:

Blue:

Girls will follow Boys in all running events:

Heat sheets and live results will be posted on HerosTiming.com

