Pleasant Valley Girls Track and Field ****

Week 9 Training Plan April 15-April 20, 2024

**Monday – April 15, 2024 – Practice @ 3:45pm @ PVHS; Davenport West JV Relays @ 4 p.m. (Bus @ 2:30 p.m.); Dubuque Hempstead Invitational @ 4:30 p.m. (Bus @ 1:55 p.m.); Girls Soccer vs. North Scott**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| Davenport West JV Relays @ 4:00 p.m. (Bus @ 2:30 p.m.)  Dubuque Hempstead Mustang Invitational @ 4:30 p.m. (Bus @ 1:55 p.m.) | Davenport West JV Relays @ 4:00 p.m. |

**Tuesday – April 16, 2024 – Practice @ 3:45 p.m. @ PVHS; Girls Soccer vs. Clinton**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| Warm-up  Sprint Drills  Technical sprint work  Plyos/Strength | Easy run  20-40 minutes  4-6xstrides  Strength |

**Wednesday – April 17, 2024 – Practice @ 3:45 p.m. @ PVHS; Early Out**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| Non-Meet Athletes:  Warm-up routine; Hurdle Drills  Diagonals x 2 sets  Core, Stretch  Forwald Relays competitors:  Warm-up routine, Hurdle Drills, Accels  Handoffs, Block starts  **Long Jump** – Approach Work | Non-Meet Athletes:  10 minute warm up  Tempo  10 minute cool down  Forwald Relays Competitors:  25 minutes  2x200, 2x150  Hurdle Drills |

**Thursday – April 18, 2024 – Practice @ 3:45 p.m. @ PVHS; Forwald Relays @ City High (Iowa City) @ 4:30 p.m.**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| Forwald-Coleman Relays at City High/Iowa City – 4:30 p.m. (Bus @ 2:15 p.m.)  Non-meet athletes  Warm-up; 3 x Accels  4 x 150m @ 90%; Rest: 6’  8 x 30m hill sprints  Cooldown | Forwald Relays @ City High-Iowa City – 4:30 p.m.  OR  Non-meet athletes: (no official practice)  Easy run  20-40 minutes  4-6xstrides |

**Friday – April 19, 2024 – Practice @ PVHS @ 3:45 p.m.**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| Warm-up  Tempo/Recovery  Med Ball Throws  Hurdle Drills  Stretch  Core | Abbreviated long run  40-60 minutes  6 strides in last 25 minutes of run |

**Saturday – April 20, 2024 – Practice @ TBD @ PVHS**

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| **Sprinters (100/200/400), Jumpers** | **Distance** |
| Practice – Event-specific | Off |

**Monday, April 22 – Pam Duncan Invitational (check website)**

**OR Practice @ PVHS @ 3:45pm**