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**

|  |  |
| --- | --- |
| **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**

|  |  |
| --- | --- |
| **Sprinters (100/200/400), Jumpers**  | **Distance** |
| Warm-upSprint DrillsTechnical sprint workPlyos/Strength | Easy run20-40 minutes4-6xstridesStrength |

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

|  |  |
| --- | --- |
| **Sprinters (100/200/400), Jumpers**  | **Distance** |
| Non-Meet Athletes:Warm-up routine; Hurdle Drills Diagonals x 2 sets Core, StretchForwald Relays competitors: Warm-up routine, Hurdle Drills, Accels Handoffs, Block starts**Long Jump** – Approach Work | Non-Meet Athletes:10 minute warm upTempo10 minute cool downForwald Relays Competitors:25 minutes2x200, 2x150Hurdle Drills |

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

|  |  |
| --- | --- |
| **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 athletesWarm-up; 3 x Accels4 x 150m @ 90%; Rest: 6’8 x 30m hill sprintsCooldown | Forwald Relays @ City High-Iowa City – 4:30 p.m.ORNon-meet athletes: (no official practice)Easy run20-40 minutes4-6xstrides |

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

|  |  |
| --- | --- |
| **Sprinters (100/200/400), Jumpers**  | **Distance** |
| Warm-upTempo/RecoveryMed Ball ThrowsHurdle DrillsStretchCore | Abbreviated long run40-60 minutes6 strides in last 25 minutes of run |

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

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

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

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