

Secrets of the Short Sprints (55-200m)

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 - www.AthletesAcceleration.com
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2 Keys to Short Sprint Success

1. Strength Training
 2. Technical Feedback
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Strength Training

- ❑ The weight room is CRITICAL
 - ❑ If you're not in the weight room....
 - ❑ Find a way (rocks, bricks, weight vests, med balls, sandbags, etc.)
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The #1 Key to Fast Sprint Times

□ Force Application

- The more force you apply to the ground, the faster you run.
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How to Improve Force Application

- Improve strength and power
 - NOTE: Power is a byproduct of improved strength
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Strength Training

- (Strength fixes/masks a lot of problems)
 - 3x per week, all season
 - 3-5 sets of 2-6 reps @ 85-100% of 1RM
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Focus on Core Lifts

□ Squats

- Front, back, split, BSS, single leg

□ Deadlifts

- Olympic, trap bar, single leg

□ Olympic Lifts

- Hang clean, high pull, DB/kettlebell snatch
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What to avoid

- Machine lifts

- Leg press

- Single joint movements

- Leg extension, hamstring curl, calf raise
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Power Development

- Plyometrics
 - Hopping, bounding, sprinting

 - Skill based progression
 - Vertical, horizontal stabilization, horizontal height/distance, single leg stabilization, single leg alternating
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Back to force application...

- Hip extension
 - Most powerful force human body can create

 - Increase strength & power + teach force application/neuromuscular efficiency...

 - Guaranteed PRs
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Results/benefits

□ 7 vs 8 Video

4 Magic Words for Sprinters

- Step Over, Drive Down
 - Step over the opposite knee, drive the foot down into the ground
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3 Types of Bad Running

1. Falling forward

1. Excessive backside mechanics, heel to toe running

2. Braking

1. Excessive frontside mechanics, plantarflexion, foot strike in front of COM

3. Skating

1. Poor hip mobility/ROM, poor glute activation
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How to fix mechanical problems:

1. Strength training
 2. Drilling
 3. Technical feedback/cueing
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Fundamentals of mechanics

- Foot strike takes place under the hips/COM
 - Foot strike takes place on ball of foot

 - Consistency of execution
 - Feel the difference between 'good' and 'bad' technique and acceleration
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Speed Drills

- March, skip, run

 - My favorites:

 - A March, A Skip, A Run, Fast Leg

 - Repetition is the key to mastery
 - 10,000 hour rule
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Remember:

- Consistent improvement and success in the sprints requires:
 1. Improved physical strength and power
 2. Muscular and technical efficiency
 3. Consistency of execution
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Tom Tellez

5 Phases of the 100m Sprint

1. Reaction time (1%)
 2. Block Clearance (5%)
 3. Speed of Efficient Acceleration (64%)
 4. Maintenance of Maximum Velocity (18%)
 5. Lessened Degree of Deceleration (12%)
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Technical Feedback

- Developing the **Skill of Sprinting** is overwhelming once sprinters realize there's much more to it than running as fast as you can!!
 - So here's the main point in terms of providing technical feedback:
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Technical Feedback

- You must know what you want, what it looks like, what it feels like and how to cue it.
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What are we looking for?

- Sprint video
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Acceleration Checklist!

1. Drive the lead arm
 2. Drive out at a 45 degree angle
 3. Big first step
 4. Triple extension before first contact
 5. Drive the arms/hands down and back
 6. Push the ground back and away
 7. Low heel recovery for the first 6-8 steps
 8. Let the upper body unfold naturally
 9. Maximum speed, minimum effort
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Technical Feedback

- Beyond skill acquisition
 1. Shows sprinters you know what you're talking about
 2. Develops self awareness and self confidence
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The Technical Feedback Process

- The Criticism Sandwich
 - Positive, 'negative', positive
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Phase 1

- Give basic feedback about one area of weakness

 - Arm Action
 - Get them used to the idea of thinking and assessing when running
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Phase 2

□ How did 'X' feel?

- Ask them a general or specific question about a specific element of the sprint they just ran
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Phase 3

□ You tell me

- Make them tell you what went right, what went wrong and specifically what they need to do to fix the problem
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Conclusion...

- **Focus** on strength development and technical feedback and athletes will see universal improvement
 - www.CompleteSpeedTraining.com
 - www.CompleteProgramDesignforSprinters.com
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