

**THE 100 & 200 METERS**  
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**The 100 & 200 Meters**  
□ Know what to train and then how to train it

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**The 100 & 200 Meters**  
□ The three critical elements of the sprint  
    ▪ Speed  
    ▪ Power  
    ▪ Race model

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### The 100 & 200 Meters

- ☐ Know something about stride length and frequency of your athletes
  - if you know what it is you can change it
  - decide which is more important to change

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### The 100 & 200 Meters

- ☐ Know what energy systems you are trying to affect

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### The 100 & 200 Meters

- ☐ Run on your 4x100, 4x200 & 4x400
- ☐ Is your best 100-200 person
- ☐ Is your best 200-400 person
- ☐ And can even bust a leg on your 4x800 or Distance Medley

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### The 100 & 200 Meters

- ❑ How do you give them enough speed development?
- ❑ How do give them enough speed endurance?
- ❑ How do you develop their aerobic endurance?
- ❑ How do you give them enough strength work?

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### The 100 & 200 Meters

- ❑ How many races can they take per season?
- ❑ And in the midst of it all, how do you give them enough rest?
- ❑ How many weeks are there in the season?
- ❑ How many duals/scoring meets will there be?
- ❑ How many invitationals will there be?

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### The 100 & 200 Meters

- ❑ Is the athlete coming from basketball, softball, baseball, or soccer?

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**The 100 & 200 Meters**

□ What do I do if he/she gets hurt in March-April or May?  
(Pray!)

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**The 100 & 200 Meters**

□ The most important question of all - When is their biggest meet?

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**The 100 & 200 Meters**

□ Cross country is not a sprinter's friend

- aerobic work is important for sprinters
- aerobic training can come in many forms
- most critical is to protect the technical component
- be careful not to lock in poor sprint habits

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**The 100 & 200 Meters**

- ▣ You can only hit them hard two to three times a week (meets included)
- ▣ Get your training goals accomplished in the meets (100m-400m double)

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**The 100 & 200 Meters**

- ▣ Watch the number of races and "Got To's" in a season
  - start at the last meet of the season (league-state-Jr. Nationals-Jr. Olympics)
  - put all the meets on the calendar
  - put all of the hard days on the calendar
  - cut out all of the Sundays
  - will you always run hard on Monday?
  - PR's can be problematic if not monitored properly

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**The 100 & 200 Meters**

- ▣ Speed development days
  - Acceleration always comes first
  - Starts 10-50m (1 min. rest for every 10 meters)
  - Hand offs
  - Fly runs
  - Explosive compatibility
  - Hills - sleds -

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### The 100 & 200 Meters

- ❑ The 100 and the 200 are "Paced" events
- ❑ You have to "wait for it" to hit
- ❑ Young sprinters "flip the script"
- ❑ Push first, then Tap (skate board)
- ❑ Uphill - level off - downhill
- ❑ *Relaxation* is the most violated principle in our sport (what you and I know to be relaxed, not their version)!

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### The 100 & 200 Meters

- ❑ Race Modeling

❑ 0-30m	30-60m
❑ Cuing	fly-in runs
❑ Power walks	downhill runs
❑ Starting drills	frequency work
❑ Hills	step over mechanics
❑ Stairs	stick drills
❑ Tires/sleds	straight leg bounds
❑ Short jumps	long bounds

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### The 100 & 200 Meters

- ❑ Race Modeling

❑ 60-80m	80-100m
❑ Ins and outs	Inertia runs (sand or eggs)
❑ Fly runs out to 90m	frequency drill
❑ Strength endurance runs 9-9-90	relaxations drill

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## The 100 & 200 Meters

- ▣ 200 meters is a 3 to 5 zone race
  - 1<sup>st</sup> 50m
  - 50 to 90m
  - 90 to 120m
  - 120 to 150m or head to the barn - Medal Time (Critical Zone - Pressure Zone)
  - Both races can use gates or sticks to learn to finish it off.

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