

You don't have to do it all yourself.



Ask other coaches you trust what they think of what you're doing. Everybody needs help.

Knowledge is easily available – articles, books, clinics....

Knowledge is knowing what to do – technique, conditioning, etc.

Wisdom is knowing how to use that knowledge to help our athletes. Will Freeman

Track Coaching Truisms

1. There's never enough time

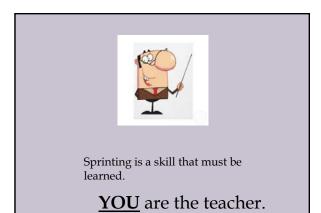
2. The weightroom is always crowded

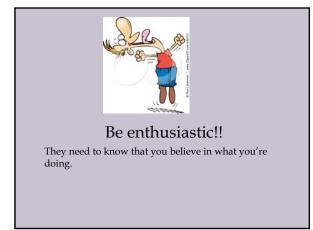
3. If the girls want to use specialized equipment, the boys will want it the same day, and vice versa

4. The head coach will schedule a last minute team meeting on your most important technique day (see #1)

5. The amount of talent they have for track is directly proportional to the amount of talent they have for everything else that demands their time.....academics, other sports, band, orchestra, student government, church......

6. The likelihood that sectionals will fall on the night of prom is directly proportional to the number of athletes you think can qualify for state.





Let them know you care about them.

Include upper classmen in workout decisions: How are your legs today.? Which warmup are we doing today? Which drills should we do first?

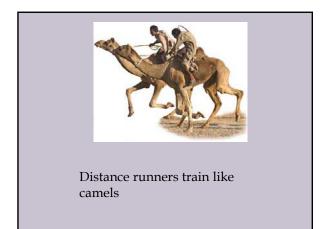
Let them know why you're doing what you're doing that day.

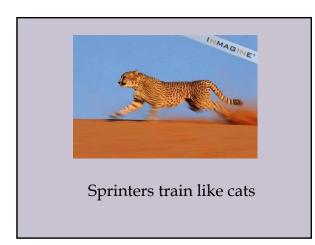


Have a plan Write it down (Always have a Plan B) In Pencil Keep a diary

Okay, so how do we get them faster?

Since we have different event groups they need to be trained differently.





A camel doesn't need to run down a gazelle

A cheetah won't run the Great Australian Camel Race (2025 miles in three months)

ANNUAL PLAN Short to long

	Early season, general conditioning, strength, emphasis is acceleration
Special Prep	Late indoor into early outdoor. Early learning is done. Begin refining techniques, emphasis moves to top speed.
Pre competition	Most of the outdoor season. Fine tuning technique, emphasis moves to speed endurance.
Competition	Conference, Sectionals, State Fine tune technique. Back off on volume, but don't "taper" too much. A sprinter's central nervous system needs to be stimulated.

THE BIG THREE: Acceleration, Top Speed, Speed Endurance

All three need to be worked on the entire season, but the emphasis moves from one to the next as the season progresse

Biomotor abilities:

Strength, speed, coordination, flexibility, endurance

Try to work on all five every day, with an emphasis on one or two.

It's easier than it sounds. You're probably already doing it and just don't know it.

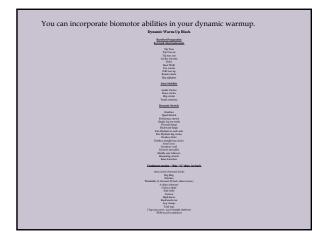
In everything they do, they need to get their form <u>exactly right</u>, from the first step of the warmup to the last stretching at the end of practice. <u>Choke</u> Sian Beilock <u>The Talent Code</u> Daniel Coyle

Do everything slow first. It takes 10,000 repetitions to become an expert, but those repetitions need to be right. You can't do it right fast unless you can do it right slow.

Watch their form in everything they do. TEACH them to do it right.

Establish verbal cues with your athletes: "run tall" "toes up " "toe up, heel up, knee up "

The Rule of Pretty: If you run pretty pretty you'll run pretty fast, But if you run pretty ugly you'll run pretty slow.





Training: It's not just about the runs.

It's about the central nervous system and force into the ground.

Stride length and stride frequency are influenced by how much force you can put into the ground and how fast you can put it there (power).

Three types of strength: explosive, elastic (stretch reflex), absolute.

The only way to know what it feels like to do it right is to know what it feels like to do it wrong.

ie: overstriding, relay exchanges



Workouts should be complimentary. Try not to mix speed and endurance on the same day.

You can't increase speed if you're tired. Don't rush the recovery between repeats. The difference between music and noise is the space between the notes. We want music, not noise.



Acceleration

1. Short duration 30 meters 2-3 minute recovery It should feel like they're climbing a mountain

2. Form: <u>**HEAD DOWN**</u>, arm drive backwards, like hammering a nail into the wall behind you.

3. Drills: munchkins, prime times, thigh pops, high knee, tennis ball drop, story time.....finish each drill with a short acceleration.

4. 500-600 meters total volume of speed work



5. Resisted runs: **<u>short</u>** stairs, hills, face and chase, towel accels....

6. Block starts for acceleration



7. Towel starts

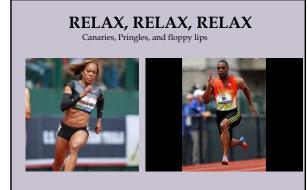
TOP SPEED

1. Short repeats 30-40 meters 3 minutes recovery

2. Fly 30,s 40,s easy acceleration <u>watch their form</u> up tall, hips tucked under, quick heel recovery, head still, arms hips to lips.

3. go/float/go ins/outs 40/40/40 50/50/50

4. Assisted runs: downhill, with the wind



SPEED ENDURANCE More is not necessarily better. Quality, not quantity

Sprinters don't need a lot of aerobic work – tell them to go for a three mile run and see what happens. The 400 is about 30% aerobic, but time constraints can make it difficult to fit that in. I usually have our 400/300 hurdle athletes do more aerobic runs in the off season.

Repetition training: Runs of a specified distance, at a specified effort, with a specified recovery time.

Sets can be fixed: 5x200 @ 80% 3 minutes recovery

progressive: 100, 150, 200 ,250 , 300 @ 60% walk what you ran for recovery

regressive: 300, 200, 150, 100 @ 70% recovery 3,2,1 minutes

pyramid: 100, 200, 300, 200, 100 @ 70% 1,2,4,2 minute recovery.

Variety: research shows that our bodies respond best to a variety of stimuli. Don't do the same workouts on the same days week after week.

REST AND RECOVERY: No matter what events we coach, rest and recovery are every bit as critical as the work we do. Tired muscles or fried central nervous systems aren't going to get faster.

As the season progresses, the volume goes down and intensity goes up. Early season volumes: less than 70% effort 1200 – 2000 meters, short recovery. Add about 25% more volume for 400/300 hurdle kids.

You'll also probably be doing things like circuits that contribute to conditioning, along with your warm up.

Late season volumes: 90% effort 300-900 meters, 8 - 10 minute recovery

Lactate stackers: good substitute for repeat 400's. Lactic acid leaves the body quickly, but lactate (the exhaust from running fast) takes longer to get rid of. We have to train muscles to run in an acid bath. (Tell that to freshmen and watch the look on their faces.)

3X (300 @ 90%, stand 60 seconds, 100 @ 95%) 6 minutes 4X (150 @ 95%, 60 seconds, 150 @ 95%) 6 minutes 2X (50 every 30 seconds) 6 minutes 2X (100's around the track) 6 minutes Lactate actually increases during the recovery.



Now comes the <u>WISDOM</u> part.

When to do what and how much to do? Be careful with new kids early in the season. Introducing lactate work too soon can be detrimental to them, along with too many ground contacts with plyos and too much weight while lifting.

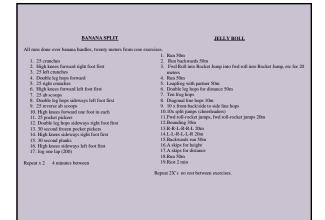
How do I group them? Mix experienced, faster athletes with slower, new athletes or group them by ability? With speed work I usually only have groups of two or three so it doesn't matter. With endurance work, especially indoors, if they're grouped by ability sometimes they step on each other so it's good to mix them up, but sometimes you want the faster ones to challenge each other.

Weekday meets - how do we use them to our advantage?

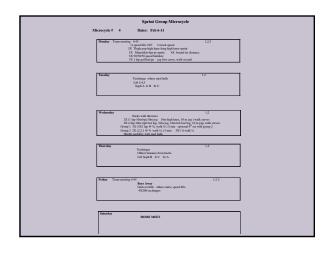
Technique day: concentrate on jumpers, hurdlers, vaulters, starts, relay exchanges, and don't worry about times.

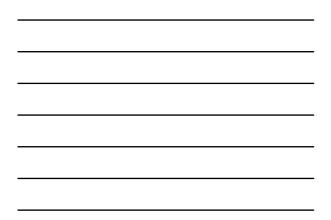
Hard workout day, or speed day, or an easy day.

Experiment - first time jumpers, different event distances, etc.









	Sprint Group Microcycle	
Microcycle # 13	Dates: April 9-14	
Monday Team Meeting	l lap 10m jog 10m high knees walk curve 1 lap 10m jog 10m BPT walk curve	
	1 lap 10m jog/10m fast leg alternate walk curve 4 X 50/50/50 speed builders 3 min	
	Stairs run/sideways/hop up and down	
1	100's around the track	
Tuesday		
Thestay	@ Wheaton North/West Chicago	
Wednesday		
(Treatmay	Technique Others: sticks, speed drills	
	Lift 3X6 Soph B Jr C Sr A	
Thursday	Pre meet run throughs	
Friday		
	South Invite	
Saturday	Technique	
	Speed lifts	



	Sprint Group Microcycle
Microcycle # 16	Dates: April 30-May 5
Monday Team mort Middle school mort DVCS sectional line u	1 Lap 10m jog 10m hop walk carve 33 St 30 20 m ulk 250 Technique
Tuesday Middle School meet DVC sociary meetin	Techage Liana Agéo & A 50 Banadi anno any
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Saturday	Technique
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Strength Explosive, Elastic, Absolute

Explosive: standing long jump, stairs, med balls, shot put, rocket jumps, olympic lifts.

Elastic: Muscles contract more forcefully if they are stretched immediately before contracting. Plyometrics – be careful of too many ground contacts for out of shape people. If you do skips in your warmup, that counts. Multi jumps, hops, stairs, bounding, banana hurdles – repeated contracting of the same muscle group.

Absolute: Weightroom Olympic lifts, general strength lifts

Safety, Safety, Safety!! Weight rooms can be very dangerous places. No horseplay, appropriate clothing, shoes, and <u>technique</u>. Remember, you are the teacher. Constantly monitor what they are doing.

Which lifts to do? Again, this is where the wisdom comes in. Olympic lifts (squats, cleans, bench, etc) become important. Don't try to do every lift you hear about. Choose the ones you feel are the most effective. As much as possible, try to use free weights. But machines can accomplish a lot of the same things.

We rarely do more than six reps per set, but vary the weight and sets every session. Just like in speed endurance training you can do fixed sets (3X5), regressive (5,4,3,2), progressive (2,3,4,5), or pyramids (5,6,5).

Eccentric Strength When a force is applied to a muscle to make it contract, but the muscle resists the contraction. Drops, downhill hops down stairs (best in a stadium), speed squats.

Girls need to continue lifting right up until the end of the season. They lose strength much more quickly than boys due to less testosterone.

Core Strength: This is absolutely critical. You can do core routines with different kinds of crunches, planks, etc. But you can also work it by doing hurdle mobility walks with med balls over their heads, doing banana hurdles with med balls over their heads or their arms folded with their hands up on their shoulders.

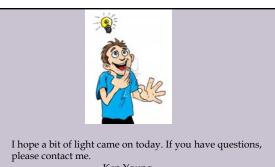
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Single leg squats					Split Squats				
Lat Pulldowns					Speed Squats				
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When you're up to your ass in alligators, it's hard to remember your initial objective was to drain the swamp.





Ken Young youngrun@sbcglobal.net