

You want me to coach what???



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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

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## 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)

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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.

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Sprinting is a skill that must be learned.

**YOU** are the teacher.

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**Be enthusiastic!!**

They need to know that you believe in what you're doing.

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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.

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Have a plan

Write it down (Always have a Plan B)

In Pencil

Keep a diary

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Okay, so how do we get them faster?

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

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Distance runners train like camels

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Sprinters train like cats

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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)

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# ANNUAL PLAN

Short to long

General Prep	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.

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## 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 progresses.

### 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.

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In everything they do, they need to get their form **exactly right**, from the first step of the warmup to the last stretching at the end of practice.

**Choke** Sian Beilock  
**The Talent Code** 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.

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You can incorporate biomotor abilities in your dynamic warmup.

**Dynamic Warm-Up Block**

**Cardiovascular**

Big Taper  
Big Taper  
Big Taper  
Big Taper  
Big Taper  
Big Taper  
Big Taper  
Big Taper  
Big Taper  
Big Taper

**Motor Skills**

Arms Circle  
Arms Circle  
Arms Circle  
Arms Circle  
Arms Circle  
Arms Circle  
Arms Circle  
Arms Circle  
Arms Circle  
Arms Circle

**Coordination**

Big Taper  
Big Taper  
Big Taper  
Big Taper  
Big Taper  
Big Taper  
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Big Taper  
Big Taper

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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.

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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




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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.




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## Acceleration

1. Short duration 30 meters 2-3 minute recovery It should feel like they're climbing a mountain
2. Form: **HEAD DOWN**, 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




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5. Resisted runs: **short** stairs, hills, face and chase, towel accels.....

6. Block starts for acceleration

7. Towel starts




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### TOP SPEED

1. Short repeats 30-40 meters 3 minutes recovery
2. Fly 30,s 40,s easy acceleration **watch their form**  
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

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### RELAX, RELAX, RELAX

Canaries, Pringles, and floppy lips




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### 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.

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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.

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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.

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### Now comes the WISDOM 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.

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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.

#### BANANA SPLIT

All runs done over banana hurdles, twenty meters from cone exercises.

1. 25 crunches
2. High knees forward right foot first
3. 25 left crunches
4. Double leg hops forward
5. 25 right crunches
6. High knees forward left foot first
7. 25 ab scoops
8. Double leg hops sideways left foot first
9. 25 reverse ab scoops
10. High knees forward one foot in each
11. 25 pocket pickers
12. Double leg hops sideways right foot first
13. 30 second frozen pocket pickers
14. High knees sideways right foot first
15. 30 second planks
16. High knees sideways left foot first
17. Jog one lap (200)

Repeat x 2 4 minutes between

#### JELLY ROLL

1. Run 50m
2. Run backwards 50m
3. Fwd Roll into Rocket Jump into fwd roll into Rocket Jump, etc for 20 meters
4. Run 50m
5. Leapfrog with partner 50m
6. Double leg hops for distance 50m
7. Ten frog hops
8. Diagonal line hops 10m
9. 10 x front-backside to side line hops
10. 10x split jumps (cheerleaders)
11. Fwd roll-rocket jumps, fwd roll-rocket jumps 20m
12. Bounding 30m
13. R-R-L-R-L-R-L 20m
14. L-L-R-L-L-R 20m
15. Backwards run 50m
16. A skips for height
17. A skips for distance
18. Run 50m
19. Rest 2 min

Repeat 2X's no rest between exercises.

#### Sprint Group Microcycle

Microcycle # 4 Dates: Feb 6-11

**Monday** Team meeting 4:45 1,2,3  
to speed lifts 1X7 to track speed  
1X 100 yard high knee high knee sprint  
1X March to top of sprint 4X bound for distance  
1X 100/50 yard hurdles 4X bound for distance  
1X 1 lap go/froggo jog first curve, walk second

**Tuesday** Technique others need balls 1,2  
Lift A & J  
Seph A J B 3x C

**Wednesday** 1,2  
Sticks with throws  
2X (1 lap) back to top jog 10m high knee, 10 m jog / walk curves  
2X (1 lap) high knee jog 10m jog, 10m high knee jog, 10m jog / walk curves  
Group 1 1X (1X) lap w/ h, walk 1/2 mile, optional 2nd w/ group 2  
Group 2 2X (2X) w/ h, walk 1/2 mile 1X5 to walk 1/2  
10m jog/10m walk with balls

**Thursday** 1,2  
Technique  
Others practice from back  
Lift Seph B J C 3x A

**Friday** Team meeting 4:45 1,2,3  
Says Away  
Others to balls others starts, speed lifts  
4X20 exchanges

**Saturday** HOME MEET

Sprint Group Microcycle	
Microcycle #	Dates
13	April 9-14
Monday	Team Meeting 1 lap 10m jog 10m high knees walk curve 1 lap 10m jog 10m BFT walk curve 1 lap 10m jog 10m low leg alternate walk curve 4 X 50m SW pool hurdles 1 lane Sprints can take away step up and down DVC around the track
Tuesday	@ Wheaton North/West Chicago
Wednesday	Technique Others sticks, speed drills Lift 150 200 300 400 500 600 700 800 900 1000
Thursday	Pre meet run throughs
Friday	South hosts
Saturday	Technique Speed lifts

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Sprint Group Microcycle	
Microcycle #	Dates
16	April 30-May 5
Monday	Team meeting 4:55 1 lap 10m jog 10m high knees walk curve 1X 50 100 150 200 Technique Middle school meet DVC/technical line up planning
Tuesday	Technique Lift 150 200 300 400 500 600 700 800 900 1000 In meet zone only Middle school meet DVC meeting meeting
Wednesday	Pre meet run throughs Relaxation
Thursday	DVC
Friday	State 2 laps 20m jog 10m high knees walk curve 1X 100m hurdle
Saturday	Technique Speed lifts

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Strength	
Explosive, Elastic, Absolute	
<p><u>Explosive:</u> standing long jump, stairs, med balls, shot put, rocket jumps, olympic lifts.</p> <p><u>Elastic:</u> 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.</p> <p><u>Absolute:</u> Weightroom Olympic lifts, general strength lifts</p>	

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## Safety, Safety, Safety!!

Weight rooms can be very dangerous places. No horseplay, appropriate clothing, shoes, and **technique**. 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 to their shoulders.

[illegible]



**When you're up to your ass in  
alligators,  
it's hard to remember your initial  
objective was to drain the swamp.**

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I hope a bit of light came on today. If you have questions,  
please contact me.

Ken Young  
[youngrun@sbcglobal.net](mailto:youngrun@sbcglobal.net)

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