

# OFF-SEASON SPRINT PROGRAMS

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## PATIENTLY BUILD FOUNDATIONS NECESSARY TO IMPROVE SPEED THROUGH CAMPS AND OFF-SEASON PROGRAMS

### Philosophy

- ◆ Sprint training ... four second reps ... not endurance ... no laps ... no jogging to warm up
- ◆ No stretching ... warm up with ballistic exercises ... muscles need to be like strong rubber bands
- ◆ Benefits of speed training
  - ✓ Educate and re-educate
  - ✓ Warm-up to perform (get blood out of gut and into muscles)
  - ✓ Train neuromuscular system to fire quickly (you don't get fast by running slow)
  - ✓ Train fast-twitch fibers to create bounce
  - ✓ Improve flexibility (without stretching)
  - ✓ Jumping improves sprinting ... sprinting improves jumping
- ◆ Total focus ... total concentration ... QUALITY is key ... not quantity
- ◆ Training pays off in 6 weeks to 6 months to 6 years ... what we do today will not change us tomorrow
- ◆ Run 40s to measure speed but also for sprint training. It makes sense ... running at top speed is a good thing.
- ◆ Make athletes want to come back ... make them like it

### Fundamentals

- ◆ Form ... easy skips, butt kicks, high knees, B-skips, butt-kick & reach, run in place & cycle forward ...
- ◆ Bounce ... bounding, 5-box jump, single leg box jumps, squat bounces
- ◆ Strength ... “short prime times”, “sprint prime times”, explosive lunges, lunge pop-ups, Archuleta pushups, isometrics, and drops (**to generate force, you must train the body to ABSORB FORCE**)
- ◆ Flexibility ... hamstring drills (frequency and range of motion), hurdle drills

Teach Running  
Fundamentals Using  
John Wooden's Eight  
Laws of Learning

1. Explanation
2. Demonstration
3. Imitation
4. Repetition
5. Repetition
6. Repetition
7. Repetition
8. Repetition

## **Buzz Words ... Points of Emphasis**

- ◆ “Fast and Easy” ... great runners MAKE IT LOOK EASY... practice this!
- ◆ “Run Tall” ... great runners run with perfect posture (shoulders back, abs tight, hips forward) ... demand this!
- ◆ “Fast Hands” ... hands and feet are synchronized.
- ◆ “Elbows at 90” ... short levers = fast levers
- ◆ “Don’t Reach” ... foot strike under hips

## **Winter Training (Speed and Strength)**

### Harrisburg Model

- ◆ Athletic P.E. ... 35 athletes ... one supervisor ... dressed and ready-to-go at 3:00 ... 30 minutes minimum, 60 minutes maximum (some left at 3:30, some stayed until 4:00, running sessions lasted until 3:45) ... high intensity
- ◆ M-W-F lift ... core lifts: squat, dead lift, bench, cleans, dips, pull-ups, each lift measured only once per week, recorded and ranked ... **2 sets of five lifts every day ... two are recorded** ... all other assigned lifts are unrecorded and unranked ... done to increase strength (measured by core lifts). Flexible program ... 30 minutes minimum, 60 minutes maximum.
- ◆ Tue-Thur ... speed training on outdoor track ... most days with timed 40 ... other timed runs ... 100 Fly, 200, and 400 ... recorded and ranked
- ◆ All rankings posted in weight room every Monday.
- ◆ Records kept yearly by class (soph, junior, etc) and by size (lightweight, middleweight, etc.)

### Franklin Model

- ◆ Speed training M-W-F on outdoor track most days with timed 40 ... other timed runs ... 100 Fly and 200 ... recorded and ranked ... rankings put on website, updated daily
- ◆ Started program with a core of **only six** returning track athletes ... eventually grew to 60 participants ... non-mandatory ... no pressure to attend ... “Build it and they will come.”
- ◆ Weight room was open daily (but everyone sprinted before lifting).

### Plainfield North Model

- ◆ 150 participants (82% attendance) ... elite 75 on M-W-F, younger athletes Tue-Thursday ... starting in mid- November and continuing through January morphing into official track practice
- ◆ Daily ... 45 minutes speed training, 45 minutes strength training (3:00-4:30)... one group of 30+ are speed training while the other half are weight training, then, at 3:45 we switch groups.
- ◆ Indoor facility ... six lanes ... three basketball practices and wrestling practice occur concurrently. 40s are timed everyday and ranked (online ... website link to a Google spreadsheet) ... updated daily.

Nothing in the world can take the place of persistence.  
Talent will not; nothing is more common than unsuccessful men with talent.  
Genius will not; unrewarded genius is almost a proverb.  
Education will not; the world is full of educated derelicts.  
Persistence and determination alone are omnipotent.  
- Calvin Coolidge

## SPEED CAMP

Daily routine:

- ◆ 30-40 minutes dynamic stretching, running mechanics, plyometrics, drills, etc ... combined warm-up, teaching, and speed training ... teach during rest periods ... four seconds training, 20 seconds teaching ... repeat.
- ◆ 30-40 minutes solo 40's ... each runner timed at least three times ... hurdles mark the start and finish (boys high hurdles marks on track are exactly 10 yards apart) ... if you have a group of 30+ campers, you probably need two timers and two 40 stations ... each runner gets set then goes without a command ... start watch on movement.
- ◆ 10-30 minutes "workout" ... plyometrics, bungee cords, "chasers", relays, etc ... make it fun.

2007 Sessions:

- ◆ Speed Camp I June 6 – June 22<sup>nd</sup>
- ◆ Speed Camp II June 24 – July 2<sup>nd</sup>

Days: Mondays, Wednesdays, and Fridays  
Time: 10:45 AM -12:15 PM  
Cost: \$55 per two-week session (\$60 after June 9<sup>th</sup>)  
Location: Plainfield North High School track facility  
Ages: Boys and Girls entering 7<sup>th</sup> through 12<sup>th</sup> grades  
Sessions: It is OK to sign up for both camps and attend all sessions  
Sign up: PNHS Athletics Office

The Tiger Speed Camp is **designed for building speed ... not endurance**. Athletes will enjoy the "quality instead of quantity" concept of the workouts. Drills typically last only four to five seconds.

**This is NOT a Track & Field Camp.** The instruction and practice will improve performance in all speed-based sports including baseball, basketball, football, soccer, volleyball, and, of course, track and field. At my previous speed camps, NCAA athletes have trained alongside 12 year-olds. All ages and sizes will benefit.

*2005 & 2006 ... Franklin High School ... three sessions ... two in June, one in July ... 50 kids per session (x3) at \$50 each ... school did not charge for facilities or take percentage of profits ...*

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