**Track and Field Training:**

<http://www.nyrr.org/youth-and-schools/running-start/training-plans/middle-school/training/track-and-field-training-program>

Sprint:

* The start is very important. Could have a training regiment similar to the 40-yard dash that utilizes acceleration to improve a quick start. Requires a good start signal.
* Red Light/ Green Light game: *“You will need cones and/or boundary markers for this game. Students stand behind a marked line and get ready in a standing or crouched start position. One student, the "stoplight," stands about 50 feet away from the group. When the "stoplight" turns away from the other students, everyone takes off from their start positions. Once the "stoplight" turns around, everyone must freeze in a start position where they stopped for three seconds. Students who move when they should be frozen go back to the starting line. The objective is to be the first student to tag the "stoplight." Play this game a few times rotating in a different student to be the stoplight.”*
* Reaction Time Practice: “*Have athletes lie down on the ground (backs or stomachs are fine). On your command (voice, clap, whistle), they get up and sprint toward you. You should stand 20 to 30 yards away. Practice this for 5 to 10 minutes.”*

- Acceleration: “*Acceleration training helps develop sprint starts. To develop acceleration, practice the following exercises 5 to 10 times:*

*- A crouch start and sprint on command for 30 yards.*

*- Double leg jumps into an accelerated run for 10 yards.”*

Running against the light will help person sprint harder and accelerate faster.

* Finishing: “*For all sprints, encourage your runners not to slow down before or at the finish line. Tell them to "run through the line," running hard for two strides past the finish. They should use a slight body lean at the finish, thrusting the chest forward. To practice, have athletes race each other for 10 yards, finishing with the correct technique. When practicing sprints make sure to have enough room after the finish line for the runner to slow down.”*
* Light can continue through finish (maybe a checkbox)

200m and 400m:

* “*You will need cones, a stopwatch, and a whistle for this warm-up activity. Use the cones to set up a rectangular track approximately 50 x 25 yards in size. Assemble runners into groups of 5-10 and station them at even intervals around the track. When you blow the whistle or give another signal, the students should start running. Tell them to stay in their groups and continue running until you tell them to stop. Students should try to keep an even speed and not pass or be passed by other groups.”*
  + This is why choosing location on the track for the runner to start is so important

- *The first part of the 400-meter dash should be run aggressively, but not at an all-out sprint. Split the race into three parts.*

1. *Accelerating near full speed for the first 50 meters*
2. *For 150 meters you should run under a controlled deceleration. Focus on driving your arms and legs picking your knees up through the second turn*

*3 Hold your form and finish strong over the last 100 meters.*

*-* Controlled Fartlek: *“You will need cones and a stopwatch. Talk to your team about pacing and have them come up with descriptions of different paces. For example, a sprint could be called "running for the bus." Include at least four speeds (walking, jogging, running, and sprinting).*

*To begin the warm-up, have your students start jogging. Yell out the different pace descriptions they came up with, calling out each one several times. Have runners maintain each pace until you call out the next one. Sprints can last for 10 to 20 seconds, running and jogging for up to 3 minutes, and walking for up to 1 minute. Spend most of the time having your students run and jog and allow adequate recovery time for sprints.”*

*- “Athletes go for a long easy run or a combination run/walk at a comfortable pace while keeping a relaxed form. For example, athletes can run for 15 minutes and then try to run the same distance in less time.”*

**Football Training:**

<http://www.stack.com/2013/06/28/football-conditioning-drills-2/>

**Basketball Training:**

<http://basketballhq.com/quickness-speed-workouts>

**Cross Country Training:**

<http://www.stack.com/2014/05/25/cross-country-workouts/>

**Pacing Drills:**

<http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/pacing>