

Day	Warm-Up	20m Acceleration	Wickets - Reps	# of Wickets	Flying - Distance	Flying - Reps	Total Running Reps
1	Speed Development WU	2	2	6	-	-	4
2	Speed Development WU	2	3	6	-	-	5
3	Speed Development WU	3	3	6	-	-	6
4	Speed Development WU	3	3-4	7	-	-	6-7
5	Speed Development WU	3	3-4	7	-	-	6-7
6	Speed Development WU	3	3-5	7	30m	1	7-9
7	Speed Development WU	3	3-4	8	30m	2	8-9
8	Speed Development WU	3	3-4	8	30m	2	8-9
9	Speed Development WU	3	3-5	10	30m	2	8-10
10	Speed Development WU	3	3-5	10	30m	2	8-10
11	Speed Development WU	3	4-6	10	30m	2-3	9-12
12	Speed Development WU	3	4-6	10	30m	2-3	9-12

The full progression is part of both the XC Training System and the Track Training system.

XC Training System

<https://www.coachjayjohnson.com/xc-training-system>



Track Training System

<https://www.coachjayjohnson.com/track-training-system>



Wickets (aka Mini-hurdles)	Wickets are a powerful too for distance coaches. To get the spacing right for several groups of athletes, it will take time and experimentation. Below are spacings you can start with, but you'll need to experiment. I've not taken into account athlete height. For a smaller "average athlete" you will move them to the "slower athlete" spacing. A boy well over 6 feet who is an average athlete will need to go up to the "faster distance athlete" spacing to accomidate his longer levers.															
	Finally, consider using tape on the track as this prevents one athlete knocking down all the wickets and you having to set them back up. You can also use stir sticks for paint (links below). You can also use the small "soccer cones" in the middle of the lane and have athletes run over those. Most teams will will have three lines of wickets set up for three levels of athletes.															
Type of Athlete	Run In	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12	If using colors for sticks or cones...		
Slower MS Athlete	8 steps to W1	3'10"	3'10"	3'10"	4'0"	4'0"	4'0"	4'2"	4'2"	4'2"	4'2"	4'2"	4'2"	Red		
Average MS Athlete	8 steps to W1	4'0"	4'0"	4'0"	4'3"	4'3"	4'3"	4'6"	4'6"	4'6"	4'6"	4'6"	4'6"	Yellow		
Faster MS/Slower Athlete HS	8 steps to W1	4'3"	4'3"	4'3"	4'6"	4'6"	4'6"	4'9"	4'9"	4'9"	4'9"	4'9"	4'9"	Orange		
Average HS Athlete	8 steps to W1	4'6"	4'6"	4'6"	4'9"	4'9"	4'9"	5'0"	5'0"	5'0"	5'0"	5'0"	5'0"	Green		
Faster Distance Athlete	8 steps to W1	4'8"	4'8"	4'8"	4'11"	4'11"	4'11"	5'2"	5'2"	5'2"	5'2"	5'2"	5'2"	Blue		
Faster MD Athlete	8 steps to W1	4'9"	4'9"	4'9"	5'0"	5'0"	5'0"	5'3"	5'3"	5'3"	5'3"	5'3"	5'3"	Purple		
"How fast should they run through the wickets?"																
Initially, athletes simply need to run fast enough to land between each wicket, and to run with good posture. When those two things happen, that's a great day. Over time the spacing could be longer for max velocity wickets, but for our porpuses we'll simply run these spacings. Why? The wickets are used <i>prior</i> to "flying" 30s, 40s, 50s to get the athlete accosutmed to running fast, with good posture. It's the "flying" running that will be at max effort, not the wickets.																
Aritlces																
Spacing - Simplifaster		https://simplifaster.com/articles/wicket-drill/														
How to make wickets - Simplifaster (Note: I'd make 4" high rather than 6" high as athletes are less likely to hit them).		https://simplifaster.com/articles/how-to-build-speed-hurdles-wicket-drill/														
Videos																
Why to use them - Jeff Boelé		https://www.youtube.com/watch?v=6TwtsxAN6PA														
Jeff's Neural Session		https://www.youtube.com/watch?v=wzDj5-jLYxl														
Paint Stir Sticks																
Home Depot - 21"		https://www.homedepot.com/p/21-in-Wood-Paint-Stick-for-5-Gallon-3-Pack-PS5G-3/206871624														
Amazon - 21"		https://www.amazon.com/Hardwood-Buckets-Library-Markers-Woodpeckers/dp/B01M8P2KHA?th=1														