

Sprint Programming

Long to Short Emphasis in Fall Training

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Special Thanks

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Special Thanks....

To You...

Building the foundation of young peoples lives through hard work and dedication

YOU are the most important part to what we do, as well as the lives of the children you change

- Track is a microcosm of life
- Inspiring the LOVE for track and competition is more important in high school than ANY WORKOUT
- I would rather have a coach that I believe in that has the wrong plan, than a coach with the perfect plan who I do not believe in

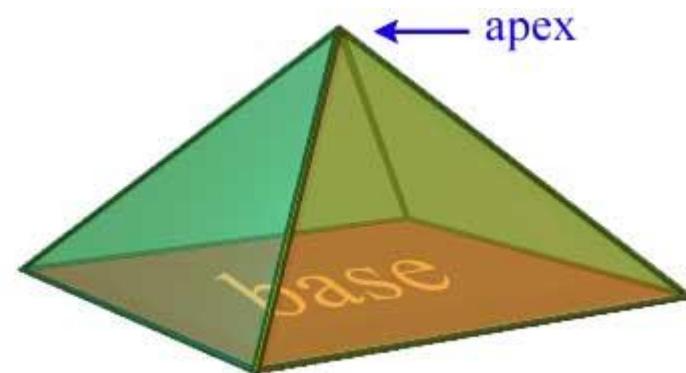
Long to Short...Why?

Develop general athletic abilities during general preparation

- Strength, endurance, flexibility, power, speed etc.
- One word.....FITNESS
- Work Capacity

Gradual increase in volume and intensity

- Prevents Injury
- Allows for a “base” to be built
 - Bigger the base the higher the pyramid



Considerations

Training Age and Ability

Season Goals

Main Competitions

Individuality"cookie cutter system"

Training Age

Starting point, complexity and density of training based upon “track age”

Not everyone can start at the same point

YOU must make the decision and keep mindful of their development

Main Competitions

Indoor

1/14 Texas A&M Invitational

1/20 Rod McCravy Invitational

2/3 Frank Sevigne Husker Invitational

2/10 Tyson Invitational

2/24 Big 12 Championships

3/10 NCAA Championships

Main Competitions

Outdoor

3/24 Rice Invitational

3/29 Texas Relays

4/15 Texas Invitational

4/22 LSU Alumni Gold

4/28 Longhorn Invitational

5/12 Big 12 Championships

5/25 NCAA First Round

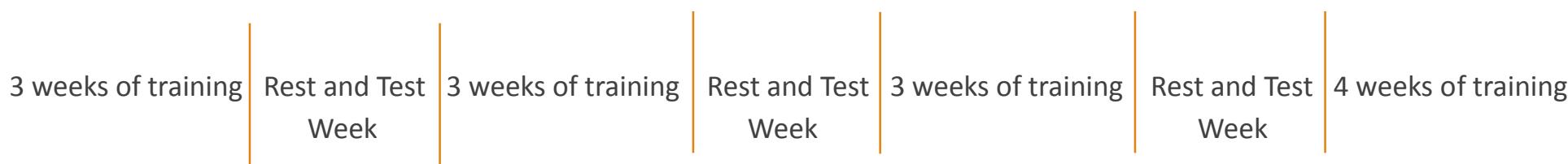
6/7 NCAA Outdoor Championships

Fall Outlook

16 weeks of training

- Start of School → Christmas Break

4-4 week cycles



Training Cycles

- General Prep
- General Prep II
- Specific Prep
- Pre-Competition
- Competition

What we test

1 mile run (gut run) **only test first 2 rest and test weeks

- If nothing else....shows heart and determination

Flying 30's

- 30 meter drive from 3 point stance
- 30 meter maximal sprint
- Accurate test of speed as well as determining current 100m sprint ability

45 second run

- How far can you get in 45 seconds

Testing allows athletes to get into a competitive atmosphere and see if training is having it's desired outcome.

IF NOT....ADJUST!!

General Preparation I

Week Breakdown (Weeks 1-4)

- Work Capacity: Aerobic and Anaerobic Power, Circuits
- Speed: Teach General Principles, accelerations, sled pulls, hills
- Strength/Power: Olympic lifts, circuits, general strength, multi throws, multi jumps

Monday – Circuit/Sand Jumps

Tuesday – Breakdown

Wednesday – Tempo

Thursday – Circuit

Friday - Hills

Circuit Example

Push-ups – 30 seconds

Med Ball Russian Twists – 30 seconds

Back Hypers – 30 seconds

Overhead Med Ball Toss – 10 reps

Calf Raises – 30 seconds

Bicycle Abs (elbow to knee) - 30 seconds

100 meter run

10 burpees

100 meter run

Reverse Lunges – 50 meters

A skip – 50 meters

300 run

4 minutes rest (repeat 3 times)

Sand Jumps

- Introductory low impact plyometrics
- General Strength

Each exercise is done continuously for 20 seconds with 30 seconds recovery (3-4 sets)

Lunge Jumps x 20 seconds

2 foot slalom x 20 seconds

1 foot slalom x 20 seconds (do both legs)

In and outs x 20 seconds

180-360s x 20 seconds

Single Leg Rotate with Pause x 20 seconds (do both directions)

Jump and Pause landing

Breakdown Example

Time of year determines amount of volume

Goal is fitness and to build lactic acid

First 4 weeks ~ 2,000 meters of work

Example:

In flats and “aggressive”...Not timed

300m – 100m jog – 200m – walk 100

300m – 100m jog – 200m – walk 100

200m – 100m jog – 200m – walk 100

200m – 100m jog – 100m – walk 100

200m – 100m jog – 100m - = 2,000m of work

Tempo Example

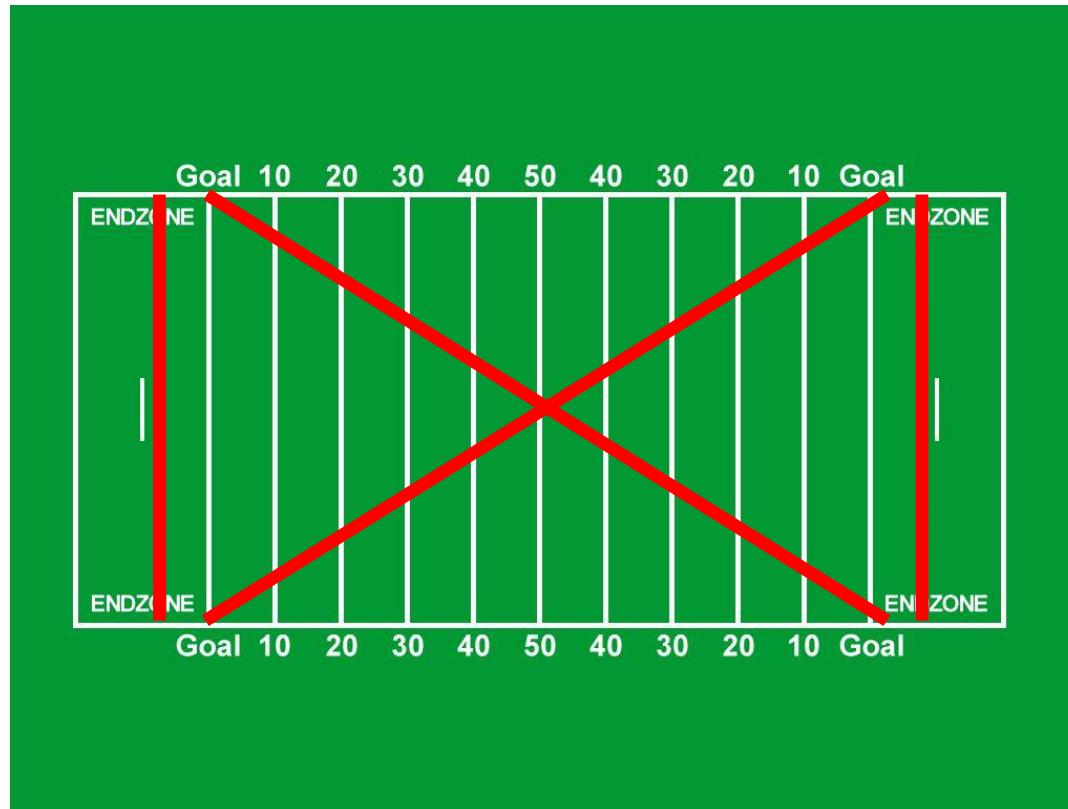
Tempo goal – active recovery and aerobic endurance

X's on the football field x 12

Low Impact

Jog endzone

Run diagonal (around 80%)



Hills

#1 reason – Almost impossible to hurt a hamstring on a hill

- Leg does not fully extend upon impact thus less chance of injury on hamstring

Increases Power output and speed

2 types of hill workouts

- Long hills
 - Hills of around 150-300 meters in length
 - Volume parameters still apply ~1500-2000 meters of work
- Short hills
 - 40-60 meter hills
 - More rest needed in between
 - Maximal sprint from 3 point stance

Hills Example

Hill Contrast

~100-120 meter hill

Sprint up – walk down –Sprint up –Walk down

3 minute rest

4 x 40 meter acceleration from 3 point stance (walk back rest)

4 minutes rest

Repeat 3-4 sets

General Preparation II

Week Breakdown (Weeks 5-8)

- Increase in Volume
- Increase in Intensity
- Continue to gain “fitness”

Monday - Breakdown/Ladder (decreased from 2000m of work to 1500m of work with increased intensity)

Tuesday – Speed Development (Sleds)

Wednesday – Tempo

Thursday – Lactic Threshold

Friday – Hills

Ladder Example

Run aggressively in flats

100m – walk 50m

150m – walk 75m

200m – walk 100m

250m – walk 125m

300m – walk 150m

250m – walk 125m

200m – walk 100m

150m – walk 75m

100m –

Sled Pulls (Power and Speed)

- Puts body at proper acceleration angle
- Increases power through resistance

Example workout (weight per sled should be ~10 kg for women and 15 kg for men, do not go too heavy)

- 4 x 40 meter sled pull (1 minute rest in between)
- 4 minutes rest
- 4 x 40 meter Max Velocity Technique runs (wickets)
- 5 minutes rest
- 3-4 sets

Lactic Threshold

Focus on aggressiveness and finishing ability

Example workouts

➤ 200m – walk 50m – 100m kick (4 minutes rest, 4 sets)

➤ Run aggressive and focus on KICKING the last 100m

➤ 300m – walk 50m – 100m kick (4 minute rest, 4 sets)

Specific Prep (Weeks 9-12)

- Increase Intensity
- Maintaining Volume

Monday – Breakdown

Tuesday – Speed/Technique

Wednesday – Tempo

Thursday – Speed/Technique

Friday – Lactic Threshold

Pre-Competition

- Intensity Increases
- Volume Decreases
- Introduce Race Modeling
- Block Starts

Race Modeling

- Athlete works on pacing and different parts of the race
- Allows athletes body to specifically adapt to the demands of the race metabolically
- Gives the coach a very accurate gauge on where the athlete's current 400m ability it
- This technique can be done up to the 800m

Race Modeling

1. From Blocks

200m at race pace – 30 seconds rest – flying 200m

Add up the time for both 200m reps to find what their 400m is

2. From Blocks

250m at race pace – 1m rest – flying 200m

Add the first 200m split + the second 200m to find 400m

Gives the athlete a little longer feel of their pacing through the 200m

3. 800m example

600m at race pace – 30 seconds rest – 200m finish

Add the times up to find 800m

Acceleration Development (10-30m)

- Always work 100m race acceleration mechanics

- All accelerations are variations of the 100m pattern

- Drive, Drive, Drive

- Ways to improve acceleration

- Increase Power Output

- Focus on “power” not “turnover”

- Acceleration should feel slow

- Cue “full extension”

- Enforce good posture

- Teach rhythm

- Hills

- Bounding Series

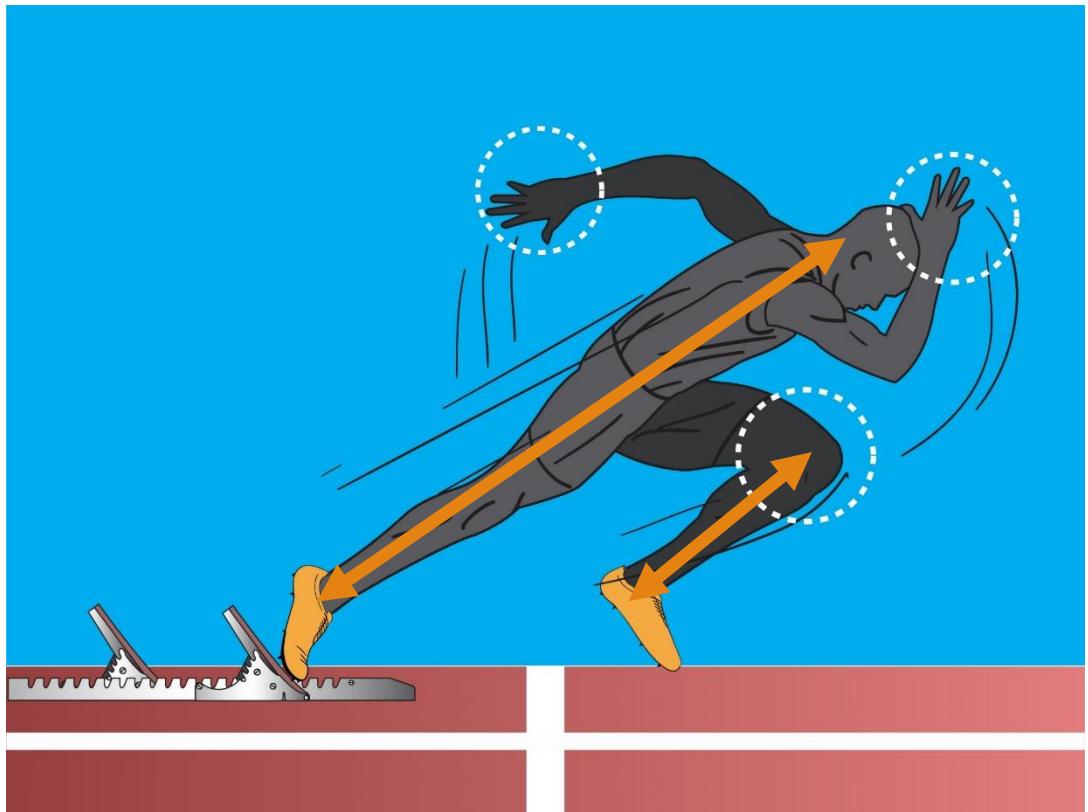
- 3 point starts (switch feet)

- Sled Pulls

- Standing Starts

Acceleration Cont'd

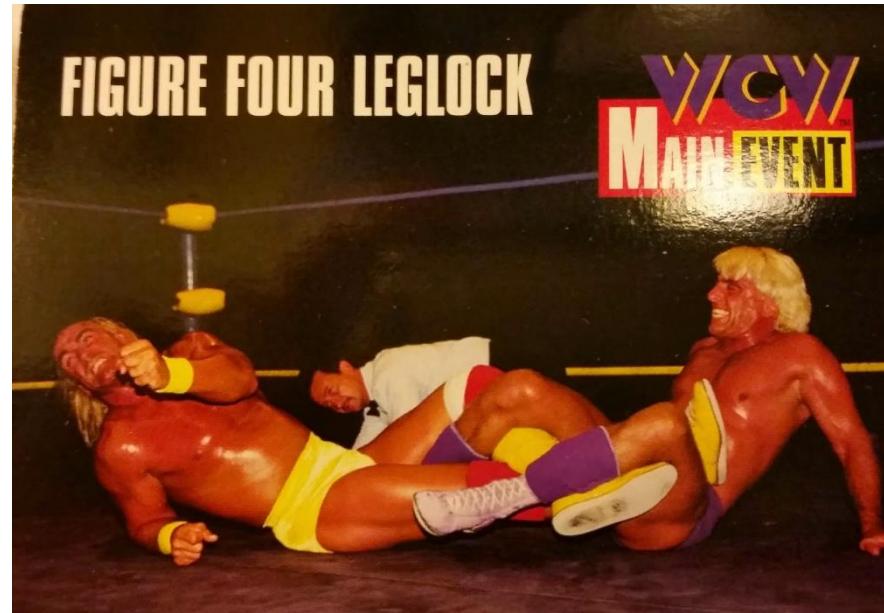
- Full Extension – Triple Extension
 - Hip, Knee, Ankle
- Shin angle and Post
- Stay in the push until it brings you up naturally
- “hard to come up” means you are pushing correctly



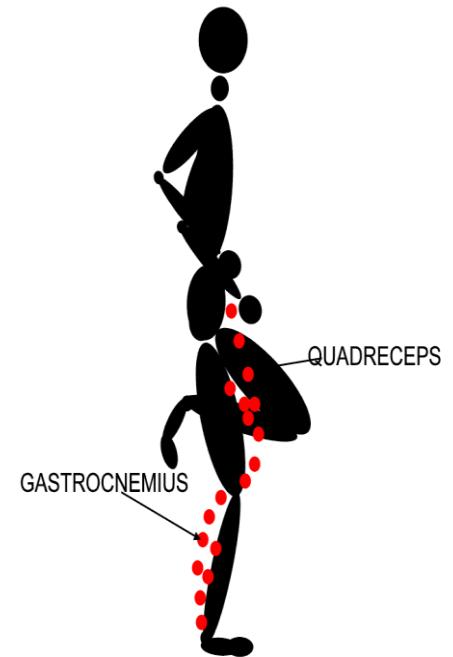
Maximal Velocity (30m-60m)

- Flying 30s
- Sprint – Float – Sprint
- Gear Runs

- Figure Four (Stance Phase)
 - Reduce time on the ground
 - Increase “negative” foot speed



STANCE PHASE



Speed Endurance

- Sprint – Float – Sprint
- 150's, 120's, 90's, 60's
