

2010 ITCCCA Beginning Coach Series

Coaching Sprinters



Mark Tacchi

Glenbard South High School

mark_tacchi@glenbard.org



Who are your Sprinters?

Sprinters are not....

Distance Runners

Don't train them like that!



Sprinters are....

Jumpers

Hurdlers

Explosive Athletes

Typically have “cat-like” reflexes



How Do I Train Sprinters?

KISS Method

Keep It Simple Stupid



3 Phases of your Season

Early Season

Early/Mid Season

Late Season



Early Season

Conditioning

Strength

Endurance

Some Speed



Early/Mid Season

More Endurance

Strength

Speed

More Speed



Late Season

Tapering

“While continuing to train”



Practice

The Warm-up

The Work-out

The Cool-Down



The Warm-up

Active/Dynamic Warm-up



Why?

Dynamic Warm-up

Alan Stein says:

Advantages of a dynamic warm-up, vs. traditional 'sit and stretch' routine?

It involves continuous movement, it maintains warmth in your body and muscles.



Dynamic Warm-up

Alan Stein says:

Advantages of a dynamic warm-up, vs. traditional 'sit and stretch' routine?

It prepares the muscles and joints in a more sport specific manner than static stretching;




Dynamic Warm-up

Alan Stein says:

Advantages of a dynamic warm-up, vs. traditional 'sit and stretch' routine?

It enhances coordination and motor ability as well as revving up the nervous system – This is particularly important for younger athletes who are still 'learning their bodies';




Dynamic Warm-up

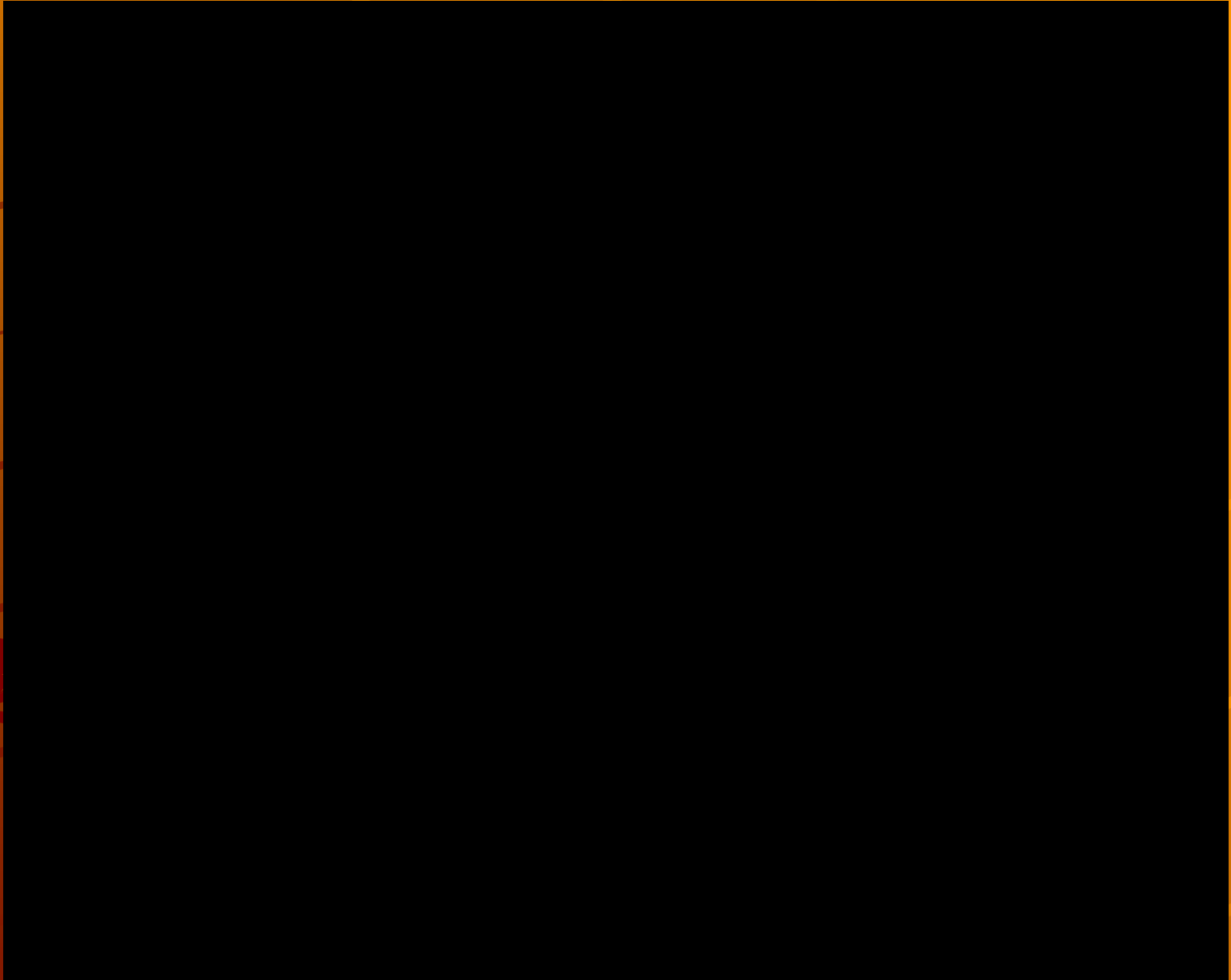
Alan Stein says:

Advantages of a dynamic warm-up, vs. traditional 'sit and stretch' routine?

Finally, and possibly most importantly, it prepares the mind for the workout ahead. I have found that while many sit-and-stretch routines are an excuse for daydreaming, the dynamic warm-up forces athletes to focus and concentrate on the task at hand.

A silhouette of a person in a starting crouch on a track, positioned on the left side of the slide. The person is leaning forward with their hands on the ground and feet in starting blocks, ready to begin a race. The background is a warm orange gradient with curved lines.

Dynamic Warm-up



Dynamic Warm-up

Sample Exercises for Dynamic Warm-up

Various Skips

ABC Drills

Butt Kicks

Carioca

Lunges

Hurdle Drills

*Jay Johnson's Plyo Accels

See DVD For Examples



The Work-out

Early Season

(Conditioning, Strength, Endurance, Some Speed)

Up to 300 Meters

High Reps (Up to 2000 M.)

Low Intensity (70-80%)

Short Recovery Time

(About 1 minute per 100 Meters)



The Work-out

Early/Mid Season

(More Endurance, Strength, Speed, More Speed)

Up to 500 Meters

Reps will vary (Up to 2000 M.)

Increased Intensity (80-90%+)

The higher the intensity the longer the recovery!

(Up to 3 minutes per 100 Meters or Full Recovery)



The Work-out

Late Season

(Tapering but continue to train)

Up to 500 Meters

(Example – 300 @ race pace, 30 sec. recovery, 200 at race pace, - full recovery)

Reps will vary (Up to 1000 M.)

Intensity (80-90%+)

The higher the intensity the longer the recovery!

(Up to 3 minutes per 100 Meters or Full Recovery)



The Cool-Down

Strength, Core (Girdle), Flexibility

Similar to Warm-up

Can include Hurdle Drills

Coach Jay Johnson

See: Myrtle, Cannonball, Grant Green



Strength Training

Incorporate into Warm-up/Cool-down

Medicine ball, Push-ups, Core, Plyos

Weight Room

Dead-lift as the core lift

Lift 85% of max, 1-5 reps, 3-5 sets

Alyson Felix Workout



Things to remember

Sprinters Like variety in their:

Warm-ups, Work-outs, Cool-downs

Love quick tempo, practices

(many of my practices run less than 90 minutes)

Dislike Distance Runs!



Resources

Download My Practice Plans @

www.glenbardsouthgirlstrack.org

Click Beginning Coach Series

Email me with questions:

mark_tacchi@glenbard.org



Questions?

