

## ***Designing & Implementing Sprint Workouts***

Presented by

**Nick Buckvar**

**Ladue High School, St. Louis, MO**

---

---

---

---

---

---

---

---

### **Don't try to reinvent the wheel**

#### **When designing your training program:**

- Need to understand the WHY-make *adjustments*
  - Take a logistical approach to training
  - Simple to follow and implement
- Based on the principles of progressive loading
- Has produced results & been used for athletes of every level and ability
- Tweak to fit your core principles and coaching style

---

---

---

---

---

---

---

---

### ***Common Mistakes with Sprint Training Plans***

- Too much emphasis placed on Aerobic training
  - Even in the 400, not necessary, neglect developing speed
- Too much emphasis placed on ATP short speed work
  - Hard to race well above 100m, hard to compete in multiple races/ events at a high level
- Not enough emphasis placed on Anaerobic (Glycolytic) training
  - Easiest area to make substantial & impactful gains
- Long Speed Endurance intervals run at too low of an intensity (percentage based on the athletes ability) ex: 300s, 350s, 450s, 500s
- Intervals in general run too slow- must train fast
- NO PLAN: throwing darts at the wall and see what sticks

---

---

---

---

---

---

---

---

### ***Core Principles***

- Train long, run short, win easy!  
Most high school athletes are not pure sprinters- ***must create versatility***
- Understand the actual training age of the athletes
- Design using Progressive Loading Principle
  - Manipulating 2 variables: VOLUME & INTENSITY
- Sequencing of Energy Systems is key: ***no on/off switch***
  - Target Times are critical
- Must train fast to race fast
- Always be ready to make adjustments- know the WHY

---

---

---

---

---

---

---

### **LONG to SHORT**

#### **Long to short is NOT....**

- NOT: only for 400m
- NOT: Highly aerobic training (no mileage!)
- NOT: Neglecting speed (early or ever!)
- NOT: Dependent on long/slow interval training (ex: 4x600m)
- NOT: Loading up on volume (ex: 14x200m)

---

---

---

---

---

---

---

### **Basic Sprint Training Lingo and Terms**

- ***Anaerobic Capacity***- How much energy you access from the anaerobic energy systems (all below)
- ***ATP/CP = short reps @ high intensity/ initial explosion***
  - ***Speed Development***- Acceleration is developed first, followed by Maximum Velocity
  - ***Speed Endurance***- ability maintain *near* max velocity
- ***Lactate Tolerance (Lactic Acid)*** the ability to buffer the acid build up in muscle tissue due to high level physical activity (time & intensity dependent)

---

---

---

---

---

---

---

# 1. What do we want the athlete to do at a meet?

- Be versatile- most important
- Need kids to be multi-eventers
  - Open races, relays, field events
- May need time to develop into a specific event
  - Must run before you can jump...or hurdle*
- May need to change an event mid/late season
  - Better fit, new skill set developed, injury

---

---

---

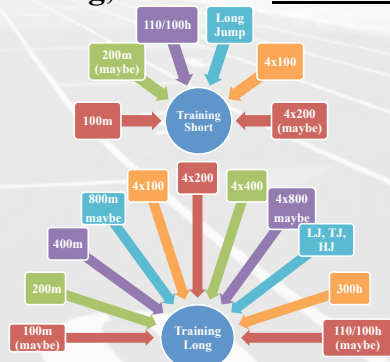
---

---

---

---

## Train long, run short = Versatility!




---

---

---

---

---

---

---

## CONSIDER THIS: 2010

3 of same guys....  
4x100m- 42.44 f.a.t.

4x200m- 1:27.9 f.a.t.

4x400m- 3:17.1 f.a.t.

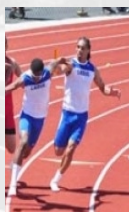
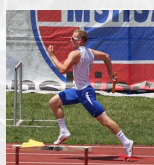
Projected 4x800-7:58

SR- 1:58

NR- 2:02

KW-2:03

MM- 1:55 (actual split)




---

---

---

---

---

---

---

## 2. What are the demands of the event we are preparing for?

- In order to get faster, the athlete must expand the energy systems used during each event

100m	200m	400m
-Purely Anaerobic -Speed Development ATP/CP Acceleration & Max Velocity -small speed endurance	-Speed Development ATP/CP Acceleration & Max Velocity -Heavy on Speed Endurance	Cycle through all energy systems -Speed Development ATP Acceleration & Max Velocity -Speed Endurance -Lactate tolerance -Anaerobic Threshold/Capacity -Extensive Tempo

- Because of this, often challenging to design an effective training program, but focus on longer events allows the athlete to run down or even up
  - All energy systems are trained

---

---

---

---

---

---

---

---

## Two types of sprinters to consider

Enhance strengths, increase their deficiencies

### Short Sprint Types

Increase their work capacity



### Long Sprint Types

Increase ATP/CP systems




---

---

---

---

---

---

---

---

## Planning for Success

*The Annual Plan*

*Meso-Cycle*

*Themed Week*

*Daily Session*

---

---

---

---

---

---

---

---

## ***Planning for Success***

### ***3. Sprint Where do we want to be at the end of the season?***

- Main idea of planning is to work big picture on down
- Plan backwards from where you want to peak
  - (State, Sectionals, Districts, Conference)

#### **Create a Calendar for the Training Year**

- Calendar allows for organization of a plan and easy to see the direction
- Coach has a plan, kids see that and are confident in what they do
- 9 or 3 month Macrocycle (macrocycle is the entire season)
  - 9 month calendar is September-May
  - 3 month calendar is March- May
- Based on 3 phases: Allows for focus
  - General Phase
  - Specific Phase
  - Competition Phase

---

---

---

---

---

---

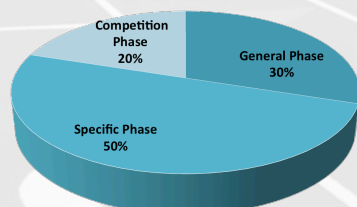
---

---

## **Yearly Distribution**

	9 Month Macrocycle	3 Month Macrocycle
General Phase	9-12 weeks	2-3 weeks +sport
Specific Phase	18 weeks	6 weeks
Competition Phase	7 weeks	2-3 weeks

Yearly Training




---

---

---

---

---

---

---

---

## **Training Phases**

- **General Phase:** Build the foundation for later work by getting the body in general shape through a variety of exercises
  - Exercises that mimic sport specific movements
    - EX: med ball throws, stadium stairs, hills, grass intervals
    - Stay off the track as much as possible, physical and mental benefits (cross training with pool or bike)
  - Focus on your small issues
    - EX: weak muscles in hips, adductors & abductors, feet & lower leg strength, glute activation
  - 3 training days per week if on a 9 month plan
  - Fall sport is a general conditioning phase

---

---

---

---

---

---

---

---

**Specific Phase:** get in shape to train, event specific training, begin to focus on specific energy systems through interval training.

- Begin to theme weeks & days
  - energy system training
- Focus on building a base for event specific energy systems
- Do not neglect speed work
  - drills, drills, drills, plyos, weights including Olympic, acceleration work
- Get in shape to train
  - Examples: 2x450m @ 90% of PR...5x200m @ race pace
- Intangibles are formed: team bond, mental toughness, develop guts and heart




---

---

---

---

---

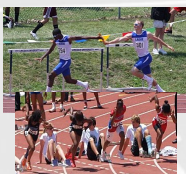
---

---

---

**Competition Phase:** focus is more on racing and evaluation

- Focus shifts to more race pace,
  - have a base, now we are in shape to train
- Race modeling (*what the race feel likes, relay work, starts*)
- “The hay is in the barn”
- “The money is in the bank”




---

---

---

---

---

---

---

---

## Planning for Success

*The Annual Plan*

*Meso-Cycle*

*Themed Week*

*Daily Session*

---

---

---

---

---

---

---

---

### Meso-Cycle Themes

- So many different areas to train: how to get it all in?
- Use meso-cycles, 3 week blocks to design & implement it all
- Using weekly “themes” helps focus on an area of training
- Used throughout **Specific** & **Competition** Phases
- **Meso-cycle:** 3 week period, each week has a theme
  - theme is incorporated in all aspects
    - Warm up, workout, weights, supplemental exercises, meet events
- **Meso Ratio-** work load increase: recovery
  - Overload/build in volume for 2 weeks, recovery for 1 week
    - 2:1 meso cycle ratio, total of 3 weeks

---

---

---

---

---

---

---

---

### Weekly Themes cont....

- **Week 1 Theme= Speed week:** volume ↓ intensity ↑
  - EX: may exclude a Lactate Threshold day for a Speed Development day (Accel. early, Max Vel. or Speed End. Late)
  - **Not everything is speed as in all out max effort. Speed is for the energy system being worked**
- **Week 2 Theme= Strength:** volume ↑ intensity ↓
  - EX: may sub an Acceleration workout for Lactate Threshold
  - Extensive Tempo work is slower w/more reps
- **Week 3 Theme= Recovery:** keep the same workout sequence, decrease volume
  - not necessarily complete back off, just lower volume than week 2
- Count backwards from Planned Peak Performance to put in Meso cycles...3, 2, 1

---

---

---

---

---

---

---

---

### Structuring a Week of Training: Meso-Cycle

Progressive Loading Principles when planning workouts and progressing workouts: VOLUME & INTENSITY

- inverse relationship: V ↓ I ↑ OR V ↑ I ↓
- THEMES:
- Week 1: **SPEED**    WEEK 2: **STRENGTH**    WEEK 3: **RECOVERY**

Theme	MON	TUES	WED	THUR	FRI	SAT
<b>Week 1 Speed</b>	Speed Develop.	Int. Tempo	Active Recovery	Speed Endurance	Pre-Meet	COMPETE
<b>Week 2 Strength</b>	Special End 1	Ext Tempo	Active Recovery	Lactate Threshold	Pre-Meet	COMPETE
<b>Week 3 Recovery</b>	Special End 1	Intensive Tempo	Active Recovery	Race Specific Endurance	Pre-Meet	COMPETE

---

---

---

---

---

---

---

---

Themes for multi-focus athletes Helps multi-focus eventers (100/200)						
Theme	MON	TUES	WED	THUR	FRI	SAT
Week 1 <i>Speed-100m</i>	Speed Develop.	Intensive Tempo	Active Recovery	Short/ Speed Endurance	Pre-Meet	COMPETE 100, 4x1, 4x2
Week 2 <i>Strength 200m</i>	Special End 1	Ext Tempo	Active Recovery	Deep Speed End	Pre-Meet	COMPETE 4x2, 200, 4x1
Week 3 <i>Recovery</i>	Speed Develop.	Lactate Threshold	Active Recovery	Race Specific Endurance	Pre-Meet	COMPETE
Theme	MON	TUES	WED	THUR	FRI	SAT
Week 1 <i>Speed 100m</i>	Ladder drill 6x20m Sweeper drill 3x20 Blocks: 3x20m, 3x30m, 2x50m Total 430m	5x200@ 82% 3min 4x100 @ 82% 2min  1400m	Hurdle mobility Block tech 4x1 stationary drill	2x3x120m @ 90% 5min b/w reps 8min b/w sets PLYOS (720m)	Pre-Meet	COMPETE 100, 4x1, 4x2
Week 2 <i>Strength 200m</i>	1x450@ 83% 1x350@ 83% 4x200@BRP	2x4x200@ 80% 2:30 b/w reps, 4min b/w sets (Total 1600m)	Hurdle mobility Block tech 4x1 stationary drill	4x250m@ 90% 10min PLYOS (1000m)	Pre-Meet	COMPETE 4x2, 200, 4x1 (4x4)
Week 3 <i>Recovery</i>	Bounding series Multi Throws STARTS: on turn 3x30m, 3x 60m, 1x80 (TOTAL 350m)	5x300m @ 85% 6min  1500m	Active Recovery	2x20m starts on turn 2x30m starts on turn 3x3x flying 120' s (set up & work last 120 of 200m each) (Total 460m)	Pre-Meet	COMPETE

---

---

---

---

---

---

---

---

Themes for 200m/400m						
Theme	MON	TUES	WED	THUR	FRI	SAT
Week 1 <i>Speed 200m</i>	Accel. & Power	Ext Tempo	Active Recovery	Speed Endurance	Pre-Meet	COMPETE 4x2, 200, 4x1
Week 2 <i>Strength 400m</i>	Special End 1	Ext Tempo	Active Recovery	Lactate Threshold	Pre-Meet	COMPETE 4x2, 400, 4x4
Week 3 <i>Recovery</i>	Special End 1	Ext Tempo	Active Recovery	Race Specific End	Pre-Meet	COMPETE
Theme	MON	TUES	WED	THUR	FRI	SAT
Week 1 <i>Speed 200m</i>	Block Starts Sled Pulls Bounding/Plyos Total 400m	6x200m @ 85% 3min  1200m	Hurdle mobility Block tech 4x1 stationary drill	2x3x120m @ 90% 5min b/w reps 8min b/w sets PLYOS (720m)	Pre-Meet	COMPETE 4x2, 200, 4x1
Week 2 <i>Strength 400m</i>	2x500m @ 85% 2x200m@ 72% 2x300m@ 82% 2000m	8-10x200m @ 82% 2:30 rest  1600-2000m	Hurdle mobility Block tech 4x1 stationary drill	4x300m @ 85% 6min 2x200m@ backend pace  1600m	Pre-Meet	COMPETE 4x2, 400, 4x4
Week 3 <i>Recovery</i>	1x500m @ 90% 3x200@ 85% 1x300@ 85% 1400m	6x200m @ goal back-end pace 3min 1200m	Active Recovery	Race Modeling 3x300m @ 87% 8min rest (900m)	Pre-Meet	COMPETE

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



### ***Sequencing Workouts*** ***Volume & Intensity***

- Manipulation of the volume & intensity is how to target an energy system
- Consider the theme of your week or cycle
  - What systems should I focus on?
- Plan the workouts based on energy system being trained
  - No on/off switch: Target times are **CRITICAL !!**

---

---

---

---

---

---

---

---

### ***Sequence Workouts & Weekly Volume***

Two Simple Categories for Organizing Workouts

1. ATP/CP Work      2. Specific Energy System Work

ATP-CP Work	Daily Volume (meters)		Intensity (% of max effort)	
	In season	Preseason	In season	Preseason
Speed Development (Max Velocity)	400-500m	500-700m	90-98%	
Speed Development (Acceleration)	500-700m	700-900m	90-98%	
Speed Endurance	600-1000m		93-97%	
Specific Energy System Work	Daily Volume (meters)		Intensity (% of max effort)	
	In season	Preseason	In season	Preseason
Special Endurance I	1300-2000m	2000-3000m	75-90%	70-85%
Special Endurance II (Lactate Threshold, Anaerobic Capacity)	1000-1800m	1300-2000m	85-90%	80-90%
Extensive Tempo (Aerobic Capacity)	1200-2000m	1400-2000m	77-85%	70-75%

---

---

---

---

---

---

---

---

### ***Guidelines for Sequencing Workouts*** ***Based on Energy System***

- The key idea in sequencing is not to completely rest the whole body after a tough workout. REST THE ENERGY SYSTEMS
 

Day 1: 4x220 meters (880m)      Day 2: 8x200 meters (1600m)  
          @ 95% Speed Endurance      @ 80% Extensive Tempo-aerobic
- The ATP-CP system needs 36-48 hours to recover from a workout
 

Day 1: Speed Development      Day 2: Speed Endurance  
      4x50m & 4x60m @95%,      6x 150m @ 95%

  - No good, worked the ATP system two consecutive days
- The Anaerobic System, including Lactate Threshold (48 hours between workouts)

---

---

---

---

---

---

---

---

### Adapting Volume & Intensity EXAMPLE....*Special Endurance 1*

SPECIFIC PHASE	COMPETITION PHASE
<ul style="list-style-type: none"> <li>Speed Week: 1700 meters               <ul style="list-style-type: none"> <li>Volume ↓ Intensity ↑</li> <li>1x500m @85%, 4x300m @85%</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Speed Week: 1250 meters               <ul style="list-style-type: none"> <li>Volume ↓ Intensity ↑</li> <li>1x450m @90%, 4x200m @80%</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>Strength Week: 2500 meters               <ul style="list-style-type: none"> <li>Volume ↑ Intensity ↓</li> <li>2x500m @75%, 5x300m @75%</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Strength Week: 1800 meters               <ul style="list-style-type: none"> <li>Volume ↑ Intensity ↓</li> <li>2x450m @87%, 3x300m @75%</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>Recovery Week: 2000 meters               <ul style="list-style-type: none"> <li>Volume ↓ Intensity ↑ &amp; ↓</li> <li>1x500m @85%, 5x200m @75%</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Recovery Week: 1450 meters               <ul style="list-style-type: none"> <li>Volume ↓ Intensity ↑ &amp; ↓</li> <li>1x450m @93%, 5x200m @85%</li> </ul> </li> </ul>

---

---

---

---

---

---

---

---

### *Guidelines for Sequencing cont.*

- Meets Count:** Meets are workouts, and they must be taken into consideration when sequencing workouts.
  - Do not have to completely back off from a meet, especially early on in the season.
  - What is the theme for the week? Match meet events
  - The entire week does not need to be affected because of a Saturday meet
  - Use weekday meets as workout-what is the weekly theme?
- Coaches Choices:**
  - Know your athletes: sequencing days, some are better than others
  - Know what your athletes need for the events you are preparing them for

---

---

---

---

---

---

---

---

### *Planning for Success*

The Annual Plan

Meso-Cycle

Themed Week

Daily Session

---

---

---

---

---

---

---

---

### ***Planning Daily Workouts***

- Have a purpose with EVERYTHING you do
- *Daily Workout Session (workouts or training sessions, not practices)*
- Components in order of planning for a daily session
  1. Weekly theme
  2. Energy system being trained that day
  3. Volume and intensity
  4. Warm up (specific to the energy system)
  5. Cool down and recovery
  6. Weights and supplemental work (core, med balls, plyos, etc.)

*Word Doc. Handout*

---

---

---

---

---

---

---

---

### ***Daily Training Session***

- *Intensity of a workout:* calculated off the athlete's best performance in the event you are training for.
  - Target time= (PRx100) / percentage
  - Ex: 8x200m @ 75% effort. Athlete 200m PR= 22.5  
 $(22.5 \times 100) / 75 = 30$  seconds Target time
- Warm up should match the workout
  - Ins/outs on lower intensity days
  - Dynamic & explosive on speed days
- Weights should match the theme of the day and week
  - Speed week, fast explosive movements @ lower reps, higher weight (85-95%)
  - Strength week, more reps and sets, lower to mid-range weight
    - Trey Zepeda @ Univ. of Texas




---

---

---

---

---

---

---

---

### ***Creating your Plan***

1. Set up a calendar entering all the competitions for the season
2. Label each phase of the season based on %
 

**General 30%**   **Specific 50%**   **Competition 20%**
3. Enter weekly themes counting backwards from Planned Peak Performance
4. Begin to sequence workout focus (energy systems)
5. Enter the actual workouts

---

---

---

---

---

---

---

---

## Planning Weekly Themes

## Planning Weekly Themes

	April 2010						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAURDAY
1 No Camp	24 <b>SPEED (I)</b>	25	26	27	1	2	3 <b>HOLT MEET</b>
2	<b>STRENGTH (I)</b>	5	6	7	8	9	10 <b>U CITY MEET</b>
3	<b>RECOVERY (I)</b>	12	13	14	15 <b>HENRI HOLMES</b>	16 <b>HENRI HOLMES</b>	17
4 High Camp	18 <b>SPEED (I)</b>	19	20	21	22	23	24 <b>LADUE MEET</b>
5	<b>STRENGTH (I)</b>	26	27	28	29 <b>PATRIOT CLASSIC</b>	30 <b>PATRIOT CLASSIC</b>	
6	<b>RECOVERY (I)</b>	3	4	5	<b>CONFERENCE</b>		8

---

---

---

---

---

---

## Planning Weekly Themes

Planning Weekly Themes							
April 2010							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 <b>SPEED</b> 4420m Begin 40m	2 SPECIAL ENDURANCE I	3 EXT. TEMPO	4 ACTIVE REST/ TECHNIQUE	5 SPEED ENDURANCE	6 PRE-MEET	7	8 <b>HOLT MEET</b> 4420m
9 <b>STRENGTH</b> 5600m	10 SPECIAL ENDURANCE I	11 SPECIAL ENDURANCE II	12 ACTIVE REST/ TECHNIQUE	13 SPECIFIC ENDURANCE	14 PRE-MEET	15	16 <b>U CITY MEET</b> 5600m
17 <b>RECOVERY</b> 2000m	18 EXT. TEMPO	19 SPECIAL ENDURANCE I	20 PRE-MEET	21	22	23	24 <b>HOLT MEET</b> 2090m
25 <b>SPEED</b> 4420m "91 ST RACE" pool	26 SPECIAL ENDURANCE I	27 EXT. TEMPO	28 ACTIVE REST/ TECHNIQUE	29 SPEED ENDURANCE	30 PRE-MEET	31	32 <b>LADUE MEET</b> 4560m
33 <b>STRENGTH</b> 4400m	34 EXT. TEMPO	35 SPECIAL ENDURANCE I	36 SPEED/PRE MEET	37 <b>PATRIOT CLASSIC</b>	38 <b>PATRIOT CLASSIC</b>	39	40 4100m
42 <b>RECOVERY</b> 5600m EXT. TEMPO	43 SPECIAL ENDURANCE I	44 ACTIVE REST/ TECHNIQUE	45 SPEED/PRE MEET	46 <b>CONFERENCE</b>	47 EXT. TEMPO/ RECOVERY	48	49 2400m, Backstage 3000m

---

---

---

---

---

---

## Full Monthly Plan

# Full Monthly Plan

April 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 <b>SPEED</b> 412m Pigeon 200 1000m	29 <b>SPECIAL ENDURANCE I</b> 1000m 100-225 (10-225) miles 1000m 1000m	30 <b>SPECIAL ENDURANCE I</b> 1000m 100-225 (10-225) miles 1000m 1000m	31 <b>ACTIVE PREP</b> TECHNIQUE 1000m 100-225 (10-225) miles 1000m 1000m	1 <b>SPEED</b> 412m Pigeon 200 1000m	2 <b>PREP MEET</b> 1000m 100-225 (10-225) miles 1000m 1000m	3 <b>SPEED</b> 412m Pigeon 200 1000m	4 <b>SPEED</b> 412m Pigeon 200 1000m
5 <b>STRENGTH</b> 1000m 1000m	6 <b>SPECIAL ENDURANCE I</b> 1000m 100-225 (10-225) miles 1000m 1000m	7 <b>SPECIAL ENDURANCE II</b> 1000m 100-225 (10-225) miles 1000m 1000m	8 <b>ACTIVE PREP</b> TECHNIQUE 1000m 100-225 (10-225) miles 1000m 1000m	9 <b>SPEED</b> 412m Pigeon 200 1000m	10 <b>PREP MEET</b> 1000m 100-225 (10-225) miles 1000m 1000m	11 <b>SPEED</b> 412m Pigeon 200 1000m	12 <b>SPEED</b> 412m Pigeon 200 1000m
13 <b>"PRIDE WEEK"</b> 1000m 1000m	14 <b>SPECIAL ENDURANCE I</b> 1000m 100-225 (10-225) miles 1000m 1000m	15 <b>SPECIAL ENDURANCE II</b> 1000m 100-225 (10-225) miles 1000m 1000m	16 <b>ACTIVE PREP</b> TECHNIQUE 1000m 100-225 (10-225) miles 1000m 1000m	17 <b>SPEED</b> 412m Pigeon 200 1000m	18 <b>PREP MEET</b> 1000m 100-225 (10-225) miles 1000m 1000m	19 <b>SPEED</b> 412m Pigeon 200 1000m	20 <b>SPEED</b> 412m Pigeon 200 1000m
21 <b>1 RECOVERY</b> 1000m 1000m	22 <b>SPECIAL ENDURANCE I</b> 1000m 100-225 (10-225) miles 1000m 1000m	23 <b>SPECIAL ENDURANCE II</b> 1000m 100-225 (10-225) miles 1000m 1000m	24 <b>ACTIVE PREP</b> TECHNIQUE 1000m 100-225 (10-225) miles 1000m 1000m	25 <b>SPEED</b> 412m Pigeon 200 1000m	26 <b>PREP MEET</b> 1000m 100-225 (10-225) miles 1000m 1000m	27 <b>SPEED</b> 412m Pigeon 200 1000m	28 <b>SPEED</b> 412m Pigeon 200 1000m
29 <b>"STATE MODE"</b> 1000m 1000m	30 <b>SPECIAL ENDURANCE I</b> 1000m 100-225 (10-225) miles 1000m 1000m	31 <b>SPECIAL ENDURANCE II</b> 1000m 100-225 (10-225) miles 1000m 1000m	1 <b>ACTIVE PREP</b> TECHNIQUE 1000m 100-225 (10-225) miles 1000m 1000m	2 <b>SPEED</b> 412m Pigeon 200 1000m	3 <b>PREP MEET</b> 1000m 100-225 (10-225) miles 1000m 1000m	4 <b>SPEED</b> 412m Pigeon 200 1000m	5 <b>SPEED</b> 412m Pigeon 200 1000m
16 <b>"PRIDE RACE"</b> 1000m 1000m	17 <b>SPECIAL ENDURANCE I</b> 1000m 100-225 (10-225) miles 1000m 1000m	18 <b>SPECIAL ENDURANCE II</b> 1000m 100-225 (10-225) miles 1000m 1000m	19 <b>ACTIVE PREP</b> TECHNIQUE 1000m 100-225 (10-225) miles 1000m 1000m	20 <b>SPEED</b> 412m Pigeon 200 1000m	21 <b>PREP MEET</b> 1000m 100-225 (10-225) miles 1000m 1000m	22 <b>SPEED</b> 412m Pigeon 200 1000m	23 <b>SPEED</b> 412m Pigeon 200 1000m
25 <b>STRENGTH</b> 1000m 1000m	26 <b>SPECIAL ENDURANCE I</b> 1000m 100-225 (10-225) miles 1000m 1000m	27 <b>SPECIAL ENDURANCE II</b> 1000m 100-225 (10-225) miles 1000m 1000m	28 <b>ACTIVE PREP</b> TECHNIQUE 1000m 100-225 (10-225) miles 1000m 1000m	29 <b>SPEED</b> 412m Pigeon 200 1000m	30 <b>PREP MEET</b> 1000m 100-225 (10-225) miles 1000m 1000m	31 <b>SPEED</b> 412m Pigeon 200 1000m	1 <b>SPEED</b> 412m Pigeon 200 1000m
4 <b>RECOVERY</b> 1000m 1000m	5 <b>SPECIAL ENDURANCE I</b> 1000m 100-225 (10-225) miles 1000m 1000m	6 <b>SPECIAL ENDURANCE II</b> 1000m 100-225 (10-225) miles 1000m 1000m	7 <b>ACTIVE PREP</b> TECHNIQUE 1000m 100-225 (10-225) miles 1000m 1000m	8 <b>SPEED</b> 412m Pigeon 200 1000m	9 <b>PREP MEET</b> 1000m 100-225 (10-225) miles 1000m 1000m	10 <b>SPEED</b> 412m Pigeon 200 1000m	11 <b>SPEED</b> 412m Pigeon 200 1000m
13 <b>RECOVERY</b> 1000m 1000m	14 <b>SPECIAL ENDURANCE I</b> 1000m 100-225 (10-225) miles 1000m 1000m	15 <b>SPECIAL ENDURANCE II</b> 1000m 100-225 (10-225) miles 1000m 1000m	16	17 <b>CONFERENCE</b> 1000m 1000m	18 <b>EXT. TEMPO / RECOVERY</b> 1000m 1000m	19 <b>CONF</b> 1000m 1000m	20 <b>CONF</b> 1000m 1000m

---

---

---

---

---

---

## Example Week

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 Speed "JUST RACE"	19 SPECIAL END 1 1x500 @88- 90%, 45sec, 1.5min	20 EXT. TEMPO 7x200m @ 82.5%	21 ACTIVE REST/ TECH Posture runs 10 min starts 3x20m blocks 4x2 easy, 4x1 stationary	22 SPEED END. 4x1 bands (1120m) 2x(200x200) @ 90% of 200m 6min 80 plyo contacts 100 med ball	23 PRE MEET	24 LADUE MEET
Post (1)	1x450m @ 90% 12min 2x200m @60%	1350m	1400m	150-250m	800-1120m	4120m

Word Doc. Handout

## Staple Workouts

- **Repeat 200s**
- **END GOAL:** be able to lock in the pace of the last 200m of a goal time 400m.
  - Start off at percentages 75% work up to 85%, then progress to backend race pace (Date & Goal)
- Vary intensity & volume based on weekly theme
  - Speed week (5-7 reps @ Date backend pace, more rest)
  - Strength week (8-10 reps @ 75-83%, shorter rest)
  - Recovery week (5-6x200@ goal backend pace)
    - Shortest rest they can handle

## Staple Workouts

- **Repeat 300s**, increase lactate tolerance
  - Must be @ a high enough intensity and long enough distance to produce high levels of lactic acid accumulation
- **END GOAL:** run 2x300m @ 93% of race pace
- **Progression**
  - 4X300m @ 85% 6min rest
  - 4x300m @ 85% 6min, 2x200m @ 85% 4min
  - 5x300m @ 85-87% 6min rest
  - 6x300m @85-87% 6min rest
  - 3x300m @ 90% 10min rest (possible race modeling)
  - 2x300m @ 93% of goal pace 10min rest

### Staple Workouts

- **Special Endurance 1 workouts (longer lactic capacity)**
- **END GOAL:** run 1-2x450m @ 93% of race pace
- **Progressions**
  - **Specific Phase:** longer, slower reps
    - 2-3x500m → progresses to 2x600m 70-80% follow with 1000-1600m of Ext Tempo @ 75-80%
  - **Pre-Comp Phase:**
    - 2x 500m @80-87% cut volume and increase intensity
    - 1-2x450m @ 93%: follow w/ 800-1200m of Ext Tempo @ 80-85%
  - **Comp Phase:** 2x450@90% progress to 1x450@ 1.5-2 seconds over race pace: followed with 600-900m of Intensive Tempo @ 83-87%

---

---

---

---

---

---

---

---

### LONG to SHORT

How to Implement the System...

**GENERAL PHASE** (Week 3 of the season)

1. Build the foundation for later work: "Get in shape to train"
2. **SPEED DAY** (87-90%)  
**STRENGTH DAY** (75-85%)
3. Energy system focus is

ENERGY SYSTEM	TRAINING GOAL for PEAK PHASE
Special Endurance I- longer lactic work	1x450m @ 93%, 3x200 @ GBP
Special Endurance II- lactic work	2x300m @ 400m Race Pace
Extensive Tempo	4-5x200m @ GBP (24mid-26 low)
SPEED (acceleration)	Specific Speed Endurance work: 100/200: 2 x (180-4x40-120) @95% 200/400: 2 x (220-4x40-180) @95%

---

---

---

---

---

---

---

---

### LONG to SHORT

How to Implement the System....

Ex: **GENERAL PHASE** (Week 3 of the season)

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>SPECIAL END. I</b>	<b>EXTENS. TEMPO</b>	<b>SPEED DEVEL.</b>	<b>SPECIAL END II</b>	<b>ACTIVE REC.</b>	<b>MEET</b>	<b>ACTIVE REC.</b>
1x600m@80% 12-15 min rec. 1x500m@80% 10-12 min rec. 3x200m@ 70% 90 sec rec. 1x300m@85%	8x30m Accel ladder 10x30m wicket 7x200m @ 77-80% 2:30 rec	4x10 Fast Claw 5x50m sleds 5x50m 3pt.	10x30m wicket 4x300m@85% 5:30 rec. 2x200m@80% 90 sec rec.	Stationary 4x1, 4x2 exchanges Run through 4x4 exchanges Form starts	2 events *LJ/TJ/ HJ short Approch.	-15min easy jog -15min static stretch routine
2000m	1400m	500m Accel.	1600m			

---

---

---

---

---

---

---

---

## LONG to SHORT

How to Implement the System

**COMPETITIVE PHASE** (Week 8 of the season)

1. Energy system focus shifts to more race specific speeds, since we have base: What the race *feels* like
2. SPEED DAY (87-93%)  
STRENGTH DAY (83-87%)
1. Focus on more
  - Special Endurance I-longer lactic work
  - Speed Endurance (near max velocity/top end)
  - Extensive Tempo: increase to backend 400m pace

---

---

---

---

---

---

---

---

## LONG to SHORT

How to Implement the System....

Ex: **COMPETITIVE PHASE** (Week 8 of the season)

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>SPECIAL END. 1</b>	<b>EXTENS. TEMPO</b>	<b>ACTIVE REC.</b>	<b>SPEED ENDUR.</b>	<b>ACTIVE REC.</b>	<b>MEET</b>	<b>ACTIVE REC.</b>
2x450m@87% 13min rec. 3x200m@ CBP 2 min rec. 1x300m@85%	-8x30m wicket -4x2 Exchanges 6x200m@ CBP 1:30-2 min rest	-extended hurdle mob. -Stationary 4x1, 4x2 exchanges -Run through 4x4 exchanges	4x1 Exchanges 4x250m@ 90% 7min (r)	Stationary 4x1, 4x2 exchanges Run through 4x4 exchanges Form starts	3 events *L/TJ/HJ	-15min easy jog -15min static stretch routine
2,000m@80% 1,800m@87%	1,400m@75% 1,200m@CBP		1,600m Lactic@85% 1,000m Speed End@90%			

---

---

---

---

---

---

---

---

## LONG to SHORT

How to Implement the System

**CHAMPIONSHIP PHASE** (week 11)

1. Race Modeling and Specific Speed Endurance
2. SPEED DAY (93-95%)  
STRENGTH DAY (87% or Race Pace)
3. Event Specific Pacing: nothing slower than backend 400m pace

---

---

---

---

---

---

---

---

<b>LONG to SHORT</b> How to Implement the System Ex: <b>CHAMPIONSHIP/ PEAK PHASE</b> (week 11)						
MON	TUE	WED	THUR	FRI	SAT	SUN
<b>SPECIAL END. 1</b> <b>1x450m@ 93%</b> full rec. <b>1x350m @93%</b> 12min (r) <b>2x200m@ 26</b> 1:30 sec (r) <b>2,000m@80%</b> <b>1,800m@87%</b> <b>1,200m @93%</b>	<b>INTENSIVE TEMPO</b> -6x30m wicket -4x2 Exchanges <b>5x200m@ GBP</b> 2min (r) <b>1,400m@75%</b> <b>1,200m@CBP</b> <b>1,000m@GBP</b>	<b>ACTIVE REC.</b> -extended hurdle mob. -Stationary 4x1, 4x2 exchanges -Run through 4x4 exchanges	<b>SPEED ENDUR.</b> 4x1 Exchanges <b>2 sets (180-4x40m-120) @ 95%</b>	<b>ACTIVE REC.</b> Stationary 4x1, 4x2 exchanges Run through 4x4 exchanges Form starts	<b>DIST. MEET</b> <b>Now maybe in 4 events</b>	<b>ACT. REC.</b> -15min easy jog -15min static stretch routine
<b>1,6000m-Lactic@85%</b> <b>1,000m-Speed-End@90%</b> <b>920m Specific Speed End</b>						

---

---

---

---

---

---

---

---

### Closing Thoughts

- Be prepared to make adjustments to your sessions on the fly  
– **Risk vs. Reward**
- Give athletes constant feedback during workouts with simple motor response queues
- Do everything with a purpose!
- Don't be afraid to try something new
- Challenge your athletes mentally and physically
- EXPECT MORE FROM YOUR ATHLETES!
- DON'T BE AFRAID TO TRAIN FAST!
- Have fun!!!

---

---

---

---

---

---

---

---

### Have More Questions?

- Contact me [npbuckva@gmail.com](mailto:npbuckva@gmail.com)







---

---

---

---

---

---

---

---