* **Speed is simple:** Stride length x Stride frequency
* **Every Day Drills (EDD’s):** 1.General to specific 2. Slow to fast

|  |  |  |
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| **DRILL** | **PURPOSE** | **CUE** |
| **Heel & Toe Walks** | strengthen shins and calf muscles, prevent shin splints | -Toe points up to shin  -tall hips  -walk don’t shuffle |
| **3-Step & Reach** | -prepare the hamstring for activity  - less ballistic than bounce stretch, quicker than static. | -heel in the ground  -strait leg  -toe up  -push hips back |
| **Low Lunges** | -force quick heel recovery  -stability on one leg | -tall chest  -snap the heel to the butt  --toe up |
| **Ankle Step Over** | -fire up the nervous system  -foot strike under the hip | -flex ankle joint  -quick arms |
| **Butt Tuck** | -knee up, toe up, heel up ALL together  -heel recovery | -stay tall/tight core  -snap heel to butt, toe up  -slight knee lift |
| **A Skip** | -heel recovery (backside mechanics) | - knee up, toe up, heel up ALL together  -heel traces opposite leg |
| **B Skip** | backside mechanics into front side mechanics | -up/over/down & back  -show the bottom of your shoe  -foot under the hips |
| **A Run** | Transition into sprint mechanics, full cycle @ slower speed | Stomach tight, stay tall & don’t bounce, step over the knee |

**STRUCTURING PRACTICE & ROUTINES**

* **Structuring Practice & Routines:** 
  1. **Weekly themes** 
     + **Speed**
     + **Strength**
     + **Recovery**
  2. **General to Specific**
  3. **Slow to Fast**
* **Typical Practice Routine**
  1. ROTATIONS
  2. RUNNING WARMUP
  3. DYNAMIC STRETCHES
  4. EDD’s, SUPPLIMENTAL DRILLS
  5. *HURDLE MOBILITY*
  6. BUILD UPS/ ACCELEREATIONS: Flats followed by spikes
  7. *EVENT SPECIFIC WORK, block starts, relay exchanges*
  8. WORKOUT
  9. COOL DOWN
  10. *SUPPLIMENTAL WORK, plyos, resistance work*
  11. WEIGHTS
* Typical Practice Routine
  1. *ROTATIONS-top/down* 
     + Neck, 10 each way
     + Arm circles- forward & back x10 each
     + Hip rotations (feet together, slight knee bend) x10 each way
     + Ankles 10x each way, each foot
  2. *RUNNING WARMUP* 
     + Jog 1 lap
     + In & Outs (build on straight, walk the turn)
     + Dynamic Laps x2-3( 50m side jack, 50m skip, 50m build up, 50m walk)
  3. *DYNAMIC STRETCHES*
     + Leg swings on fence (forward back, cross body) x10 each
     + Eagles (lay on back, arms straight out, opposite foot to opposite hand) x 10 per leg
     + Scorpions (lay on stomach, arms straight out, opposite foot to opposite hand) x 10 per leg
     + Leg raise (lay on back, one knee bent, swing the straight up and back to the ground TOE UP) x 10 per leg
     + Rock n’ Rolls (sit on ground leg out front, rock back toughing toes on ground behind the head, roll forward into hurdle position and touch toe, TOE UP) x10 per leg
  4. *EDD’s, SUPPLIMENTAL DRILLS: 20m, repeat twice* 
     + Heel/Toe Walks, 3-Step & Reach, Low Lunges, ankle step over, butt tuck, A-Skip, B-Skip, A-Run
  5. *HURDLE MOBILITY*
     + *Over/Unders typical day (6 hurdles)*
     + *Once a week extended hurdle mobility (*6-8 hurdles)
       - *DL walkovers, SL walkovers, Sideways walkovers, Reverse walkovers, Freezes(2 seconds knee up), Over 2 back 1*
  6. *BUILD UPS/ ACCELEREATIONS* : Flats followed by spikes
     + 2x100m, 2x50m (Flats)
     + 2-3x 30m accelerations (Spikes)
  7. *EVENT SPECIFIC WORK, block starts, relay exchanges*
  8. *WORKOUT*
  9. *COOL DOWN* 
     + 3 laps in grass-no shoes (job strait, walk end zones)
     + static stretch holding for 12 seconds
     + partner stretch
     + striders 50m or 100m (4-6 reps)
  10. *SUPPLIMENTAL WORK, plyos, resistance work*
  11. *WEIGHT*

**Warm Up Variables Based on the Workout**

* **Running Warm up**

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| --- | --- | --- |
| **SPEED** | **STRENGTH** | **RECOVERY** |
|  |  |  |

* **Supplemental Drills**

|  |  |  |
| --- | --- | --- |
| **SPEED** | **STRENGTH** | **RECOVERY** |
|  |  |  |

* **Build ups & Accelerations**

|  |  |  |
| --- | --- | --- |
| **SPEED** | **STRENGTH** | **RECOVERY** |
|  |  |  |

**BLOCKS**

**Shin Angle** = drive….not bend from waist

* Shin angle determines drive & power output
* Be in a position to push

**Setting the Blocks:**

1. Est. a front leg
2. Setting the pedals
3. Angle on the turn
4. Entering the blocks

**Set Position**:

**GUN! Initial Explosion**

* Heavyweight Fight:
* “Separate the Hands:
* Full Extension:

**TRAINING:**

* Core Principles:
* Defining Events:
  + 100m
  + 200m
  + 400m

**Training Phases**: Work backwards from Planned Peak Performance

* General Phase
* Specific Phase
* Competition Phase

***Sequence Workouts & Weekly Volume***

* Two Simple Categories for Organizing Workouts

|  |  |  |
| --- | --- | --- |
| **ATP-CP Work** | **Daily Volume (meters)**  **In season Preseason** | **Intensity ( % of max effort)** |
| Speed Development  *(Max Velocity)* | 300-400m 400-500m | 90-98% |
| Speed Development *(Acceleration)* | 500-700m 700-900m | 90-98% |
| Speed Endurance | 600-1000m | 93-97% |

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| **Specific Energy System Work** | **Daily Volume (meters)**  **In season Preseason** | **Intensity (% of max effort)**  **In season Preseason** |
| Special Endurance 1 | 1300-2000m 2000-3000m | 75-90% 70-85% |
| Special Endurance II  (Lactate Threshold, Aerobic Capacity | 1000-1800m 1300-2000m | 85-90% 80-90% |
| Extensive Tempo | 1200-2000m 1400-2000m | 77-85% 70-75% |

EXAMPLE…*Special Endurance 1*

|  |  |
| --- | --- |
| **SPECIFIC PHASE** | **COMPETITION PHASE** |
| ***Speed Week:*** 1700 meters  Volume (DOWN) Intensity (UP)  1x500m @85%,4x300m @85% | ***Speed Week***: 1700 meters  Volume (DOWN) Intensity (UP)  1x450m @90%, 4x200m @80% |
| ***Strength Week:*** 2500 meters  Volume (UP) Intensity (DOWN)  2x500m @75%, 5x300m@75% | ***Strength Week:*** 1800 meters  Volume (UP) Intensity (DOWN)  2x450m @87%, 3x300m @75% |
| ***Recovery Week:*** 1200 meters  Volume (DOWN) Intensity (UP or DOWN)  1x500m @85%,4x200m @75% | ***Recovery Week:*** 1050 meters  Volume (DOWN) Intensity (UP or DOWN)  1x450m @87%, 3x200m @77% |