# Organizing Training for the Short Sprints

# Categories of Run Training

- Speed Training
- Endurance or Supportive Training

# A Philosophy of Speed Development

- Corequisites
  - Strength Training
  - Mobility and Flexibility Training
  - Restorative Training

# A Philosophy of Speed Development

- Prioritizing Speed Development
- Patience and Progression-The Scientific Model
- Absence of Shortcuts and Avoiding Gimmicks
- Absence of Preconceived Notions
- It's the Training

# A Philosophy of Speed Development

- A Double Approach
  - Training for Speed Development
  - Eliminating Interference with Speed Acquisition

# A Philosophy of Speed Development

- Speed, Talent and the Nervous System
- Training the Nervous System
  - Quality of Work
  - Long Rests
  - Low Volumes
- Percentage of Neural Work
- Compatible Components

# Designing the Speed Program

- Speed Training Components
  - Acceleration Development
  - Speed Development
  - Speed Endurance

# Designing the Speed Program

- Acceleration Development Training
  - Categories
    - Sprinting (10m-40m)
    - Resisted Runs (20m-50m)
  - Volumes
  - Rest Intervals

# Favorite Workouts

- 4x10, 4x20, 4x30 from a  crouch start
- 4x20, 4x30, 4x40 from a crouch start
- 12x30 resisted (tires) using a rollover start
- 9x30 from blocks
- 3x20,25,30 from blocks

# Designing the Speed Program

- Speed Development Training
  - The 3 Second Window
  - Categories of Speed Development Training
    - Sprinting (40m-70m)
    - Variable Speed Runs (70m-90m)
  - Volumes
  - Rest Intervals

# Favorite Workouts

- Sprint Float Sprint
  - 4-6 Runs, 45/65/80
- Sprint Float Sprint
  - 3-5 Runs, 50/70/90

# Designing the Speed Program

- Speed Endurance Training
  - Categories of Speed Endurance Training
    - Sprinting (80m-120m)
    - Variable Speed Runs (100m-150m)
  - Volumes
  - Rest Intervals

# Favorite Workouts

- Sprint Float Sprint
  - 4-6 Runs, 70/90/110,  rest 6-8 minutes
- Sprint Float Sprint
  - 3-5 Runs, 80/110/150,  rest 6-8 minutes

# Assembling the Speed Program

- Sequencing Speed Training
  - 1. Acceleration Emphasis
  - 2. Absolute Speed Emphasis
  - 3. Speed Endurance Emphasis
- Sequencing Rationale
- Time Spent Per Phase
- Densities

# Designing the Endurance/Supportive Program

- Purposes
  - Race Specific Energy Training
  - Preparation for Specific Training
- The Dangers of Endurance Training
  - Lactic Acid: Friend and Foe
  - Periodizing Lactate Production

# Designing the Endurance/Supportive Program

- Endurance Components
  - Extensive Tempo
  - Intensive Tempo
- Cyclic Training and Timeframes

# Assembling the Endurance/Supportive Program

- Extensive Tempo Training
  - 70%-80%
  - Rests 1 ½ -3 minutes
  - Runs 100-200 Meters
- Maintaining Power Outputs

# Favorite Extensive Tempo Workouts

- 6x200, recoveries 2-3 minutes
- 8x150, recoveries 2-3 minutes
- 10x120, recoveries 2-3 minutes
- 12x100, recoveries 2-3 minutes

# Assembling the Endurance/Supportive Program

- Intensive Tempo Training
  - 80%-90%
  - Rests 4-5 minutes
  - Runs 150-300 Meters
  - Ladder Constructs
- Maintaining Power Outputs
- In Season Concerns

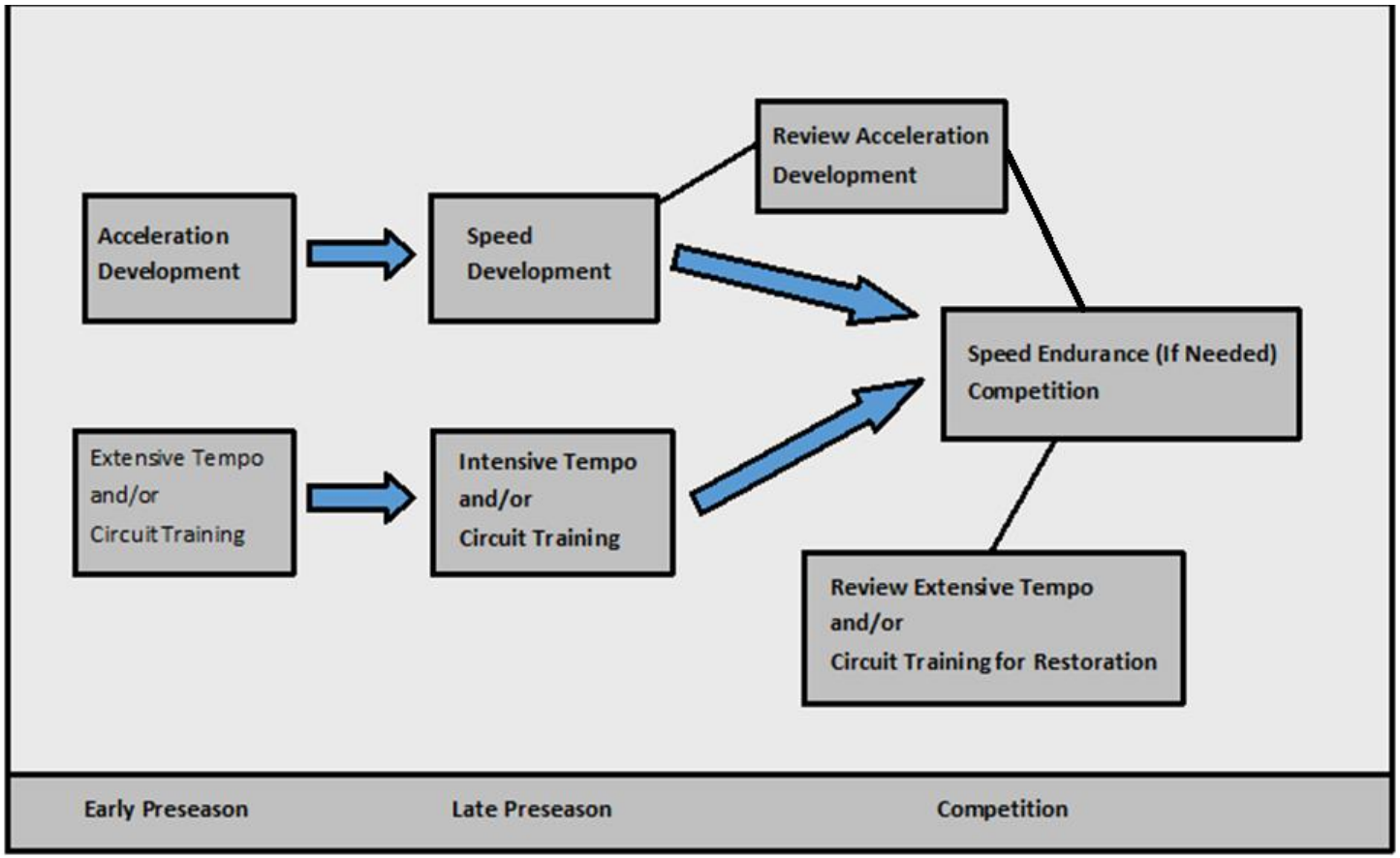
# Favorite Intensive Tempo Workouts

- 300, 2x250, 2x200, recoveries 4-5 minutes
- 250, 2x200, 3x150, recoveries 4-5 minutes
- 200, 2x150, 2x100 recoveries 4-5 minutes

# Distribution in the Short Sprints

- Race Phases
  - Acceleration
  - Maximal Velocity
  - Maintenance
- Extending the Drive Phase
  - Power Development and Technique
  - Shortening the Maintenance Phase

# Yearly Scheduling



# Plyometric Training

- Early
  - In Place Jump Circuits
  - Short Horizontal Bounds
  - Vertical Bounds
- Late
  - Box/Depth Jumps
  - Review the Above
- Rationale

# Weight Training

- Olympic Lifts
- Squats and Presses
- Ballistic Lifting

# General Training

- Circuit Constructs
  - General Strength
  - Medicine Ball
  - Weight Training Circuits
- Rationale

# Yearly Scheduling – General Prep

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Acceleration Dev. (Sprints) | Extensive Tempo | Stadium Singles | Acceleration Dev. (Resisted) | Extensive Tempo |
| Multijumps (Hz Bounds) | General Strength | Medicine Ball Circuit | Multijump Circuit | General Strength |
| Olympic Lifts | Weight Circuit | | Olympic Lifts | Weight Circuit |
| Static Lifts | | | Static Lifts | |

# Yearly Scheduling – Specific Prep

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Acceleration Dev. (Blocks) | Intensive Tempo | General Strength | Speed Development | Mild Lactate Tolerance |
| Multijumps (Hz Bounds) | Weight Circuit | Medicine Ball Circuit | Vertical Bounds | General Strength |
| Olympic Lifts | | | Olympic Lifts | |
| Static Lifts | | | Static Lifts | |

# Yearly Scheduling – Competition

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Acceleration Dev. (Mixed) | Speed Endurance or | General Strength | Acceleration Dev (Stim) | Competition |
| Multijumps | Lactate Tolerance (Hard) | Weight Circuit | Olympic Lifts | |
| Olympic Lifts | Medicine Ball | | | |
| Ballistic Lifts | | | | |

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