

O'FALLON GIRLS TRACK

SEASON PROGRESSION FOR
FEMALE SPRINTERS

BACKGROUND

- 12 years as head coach of girls track
- Consistency in assistant coaches – 4 assistants
- Focus heavily on the relays
- Over the last 6 years, we have 11 medals in the sprint relays.
- In 2017 state champs in both the 4x1 and 4x2, 4th place team
- Over the past 10 years, 6 conference championships
- Usually from 80 to 90 girls on the team – no cuts

PHILOSOPHY - SEASON PROGRESSION

- PRE – SEASON –
- EARLY SEASON –
- MID-SEASON –
- POST-SEASON –

PRE-SEASON FOCUS

- Middle of January – Middle of February
- Sprinters practice 3 days per week – Mon, Wed, Fri
- Strength, Conditioning, and Form
- Strength – Lift 2 times per week, lunges, squats, medicine ball work, bleachers or stairs, etc.
- Conditioning – core, stations (cross fit type activities), flys
- Form – form work against wall, cone drill (acceleration), mini hurdles, acceleration sprints (20 – 30 yds) – standing, 3 – point, blocks
- Most of the work is inside but we go out if we can.

EARLY SEASON FOCUS

- Middle of February – beginning of April
- We only run two indoor meets – Feb. 22 and March 1
- Practice Monday – Friday
- At this time we start more specific event work – blocks, hand-offs
- Workouts – Flys (at least twice per week), 10x100 (good colder weather workout), Ladders (ex 40,60,80,100,80,60, 40), OD work (300, 400, 600 – end of March) – focus on form always
- Strength – Continue with same as pre-season - still lifting 2 days

MID SEASON FOCUS

- April
- We generally run 1 meet per week with one week completely off
- Rest is a key! Communication with each athlete is a must!
- With sprinters it is better to error on the side of being too cautious especially at this point in the season.
- Workouts – more intense with short and OD as well as mixed WO
- Strength – as month goes along we reduce amount of lifting and focus more on body weight activities
- Form! Form! Form!
- Fun – Games of tag on turf, 5x100 or 4x200 continuous relay

POST SEASON FOCUS

- May
- Make sure they are rested!
- Workouts- more focus on short speed
- Extra hand-off and block work
- Incorporate blocks and hand-offs as part of workout for day

AREAS OF EMPHASIS

- Nutrition – constantly talk to our athletes to ensure proper nutrition
- Hydration – at least 2 water bottles per day
- Rest – maybe the most important part
- Recovery – emphasize the importance of recovery after meet
- Team support – girls must encourage and support each other
- Focus – whether a practice or meet
- Accountable – at practice everyday and ready to work
- Have fun!!!