Sprint Programming
Long to Short Emphasis in Fall Training

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Special Thanks....

To You...

Building the foundation of young peoples lives through hard work and dedication
YOU are the most important part to what we do, as well as the lives of the children you change

- Track is a microcosm of life

- Inspiring the LOVE for track and competition is more important in high school than ANY WORKOUT

- I would rather have a coach that I believe in that has the wrong plan, than a coach with the perfect plan who I do not believe in
Long to Short...Why?

Develop general athletic abilities during general preparation
- Strength, endurance, flexibility, power, speed etc.
- One word.....FITNESS
- Work Capacity

Gradual increase in volume and intensity
- Prevents Injury
- Allows for a “base” to be built
  - Bigger the base the higher the pyramid
Considerations

Training Age and Ability

Season Goals

Main Competitions

Individuality ....”cookie cutter system”
Training Age

Starting point, complexity and density of training based upon “track age”

Not everyone can start at the same point

YOU must make the decision and keep mindful of their development
Main Competitions

Indoor

1/14 Texas A&M Invitational
1/20 Rod McCravy Invitational
2/3 Frank Sevigne Husker Invitational
2/10 Tyson Invitational
2/24 Big 12 Championships
3/10 NCAA Championships
Main Competitions

Outdoor

3/24 Rice Invitational
3/29 Texas Relays
4/15 Texas Invitational
4/22 LSU Alumni Gold
4/28 Longhorn Invitational
5/12 Big 12 Championships
5/25 NCAA First Round
6/7 NCAA Outdoor Championships
Fall Outlook

16 weeks of training
- Start of School → Christmas Break

4-4 week cycles

3 weeks of training | Rest and Test Week | 3 weeks of training | Rest and Test Week | 3 weeks of training | Rest and Test Week | 4 weeks of training
Training Cycles

- General Prep
- General Prep II
- Specific Prep
- Pre-Competition
- Competition
What we test

1 mile run (gut run) **only test first 2 rest and test weeks
    ➢ If nothing else....shows heart and determination

Flying 30’s
    ➢ 30 meter drive from 3 point stance
    ➢ 30 meter maximal sprint
    ➢ Accurate test of speed as well as determining current 100m sprint ability

45 second run
    ➢ How far can you get in 45 seconds

Testing allows athletes to get into a competitive atmosphere and see if training is having it’s desired outcome.

IF NOT....ADJUST!!
General Preparation I
Week Breakdown (Weeks 1-4)

- Work Capacity: Aerobic and Anaerobic Power, Circuits
- Speed: Teach General Principles, accelerations, sled pulls, hills
- Strength/Power: Olympic lifts, circuits, general strength, multi throws, multi jumps

Monday – Circuit/Sand Jumps
Tuesday – Breakdown
Wednesday – Tempo
Thursday – Circuit
Friday - Hills
Circuit Example

Push-ups – 30 seconds
Med Ball Russian Twists – 30 seconds
Back Hypers – 30 seconds
Overhead Med Ball Toss – 10 reps
Calf Raises – 30 seconds
Bicycle Abs (elbow to knee) - 30 seconds
100 meter run
10 burpees
100 meter run
Reverse Lunges – 50 meters
A skip – 50 meters
300 run
4 minutes rest (repeat 3 times)
Sand Jumps

- Introductory low impact plyometrics
- General Strength

Each exercise is done continuously for 20 seconds with 30 seconds recovery (3-4 sets)

- Lunge Jumps x 20 seconds
- 2 foot slalom x 20 seconds
- 1 foot slalom x 20 seconds (do both legs)
- In and outs x 20 seconds
- 180-360s x 20 seconds
- Single Leg Rotate with Pause x 20 seconds (do both directions)
- Jump and Pause landing
Breakdown Example

Time of year determines amount of volume
Goal is fitness and to build lactic acid
First 4 weeks ~ 2,000 meters of work
Example:

In flats and “aggressive”...Not timed
300m – 100m jog – 200m – walk 100
300m – 100m jog – 200m – walk 100
200m – 100m jog – 200m – walk 100
200m – 100m jog – 100m – walk 100
200m – 100m jog – 100m - = 2,000m of work
Tempo Example

Tempo goal – active recovery and aerobic endurance

X’s on the football field x 12

Low Impact

Jog endzone

Run diagonal (around 80%)
Hills

#1 reason – Almost impossible to hurt a hamstring on a hill
  ◦ Leg does not fully extend upon impact thus less chance of injury on hamstring

Increases Power output and speed

2 types of hill workouts
  ◦ Long hills
    ◦ Hills of around 150-300 meters in length
    ◦ Volume parameters still apply ~1500-2000 meters of work
  ◦ Short hills
    ◦ 40-60 meter hills
    ◦ More rest needed in between
    ◦ Maximal sprint from 3 point stance
Hills Example

Hill Contrast

~100-120 meter hill

Sprint up – walk down –Sprint up –Walk down
   3 minute rest

4 x 40 meter acceleration from 3 point stance (walk back rest)
   4 minutes rest

Repeat 3-4 sets
General Preparation II
Week Breakdown (Weeks 5-8)

- Increase in Volume
- Increase in Intensity
- Continue to gain “fitness”

Monday - Breakdown/Ladder (decreased from 2000m of work to 1500m of work with increased intensity)
Tuesday – Speed Development (Sleds)
Wednesday – Tempo
Thursday – Lactic Threshold
Friday – Hills
Ladder Example

Run aggressively in flats

100m – walk 50m
150m – walk 75m
200m – walk 100m
250m – walk 125m
300m – walk 150m
250m – walk 125m
200m – walk 100m
150m – walk 75m
100m –
Sled Pulls (Power and Speed)

- Puts body at proper acceleration angle
- Increases power through resistance

Example workout (weight per sled should be ~10 kg for women and 15 kg for men, do not go too heavy)

- 4 x 40 meter sled pull (1 minute rest in between)
- 4 minutes rest
- 4 x 40 meter Max Velocity Technique runs (wickets)
- 5 minutes rest
- 3-4 sets
Lactic Threshold

Focus on aggressiveness and finishing ability

Example workouts

- 200m – walk 50m – 100m kick (4 minutes rest, 4 sets)
  - Run aggressive and focus on KICKING the last 100m

- 300m – walk 50m – 100m kick (4 minute rest, 4 sets)
Specific Prep (Weeks 9-12)

- Increase Intensity
- Maintaining Volume

Monday – Breakdown
Tuesday – Speed/Technique
Wednesday – Tempo
Thursday – Speed/Technique
Friday – Lactic Threshold
Pre-Competition

- Intensity Increases
- Volume Decreases
- Introduce Race Modeling
- Block Starts
Race Modeling

- Athlete works on pacing and different parts of the race
- Allows athletes body to specifically adapt to the demands of the race metabolically
- Gives the coach a very accurate gauge on where the athlete’s current 400m ability is
- This technique can be done up to the 800m
Race Modeling

1. From Blocks
   200m at race pace – 30 seconds rest – flying 200m
   Add up the time for both 200m reps to find what their 400m is

2. From Blocks
   250m at race pace – 1m rest – flying 200m
   Add the first 200m split + the second 200m to find 400m
   Gives the athlete a little longer feel of their pacing through the 200m

3. 800m example
   600m at race pace – 30 seconds rest – 200m finish
   Add the times up to find 800m
Acceleration Development (10-30m)

- Always work 100m race acceleration mechanics
  - All accelerations are variations of the 100m pattern

- Drive, Drive, Drive

- Ways to improve acceleration
  - Increase Power Output
  - Focus on “power” not “turnover”
  - Acceleration should feel slow
  - Cue “full extension”
  - Enforce good posture
  - Teach rhythm
  - Hills
  - Bounding Series
  - 3 point starts (switch feet)
  - Sled Pulls
  - Standing Starts
Acceleration Cont’d

➢ Full Extension – Triple Extension
  ➢ Hip, Knee, Ankle

➢ Shin angle and Post

➢ Stay in the push until it brings you up naturally

➢ “hard to come up” means you are pushing correctly
Maximal Velocity (30m-60m)

- Flying 30s
- Sprint – Float – Sprint
- Gear Runs

- Figure Four (Stance Phase)
  - Reduce time on the ground
  - Increase “negative” foot speed
Speed Endurance

- Sprint – Float – Sprint
- 150’s, 120’s, 90’s, 60’s