

Sprint Relays- The Viking Way- Mike Johnson

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Our success in the sprint relay is a product of our entire staff and our desire to make it a priority. We use the 400 meter and the 1600 meter relays as a goal for our best athletes and they respond to it as a way to end our meets in the most positive way possible. We leave nothing to chance and see the relays as a way to coach our best athletes in a team endeavor. So much of track is individual and this can be a way to bring a team aspect to your squad.

How Do We Decide Who Runs the Relay

1. Flying 70's- We do this early and with the entire team.
2. No races! This is a must. We keep track of their 70 and it is just a comparison.
3. Top secret so we know who is fast from a running start.
4. We also see form at full speed early.
5. Always in a straight line.
6. Can compare from year to year.
7. How many events can they score in.
8. Amount of time to work on hand-offs

How Do We Choose the Order

First Leg-

1. How do they run the curve. (200 runner 300 hurdler)
2. Starts with the gun often.
3. Trust not to false start.
4. Usually compact athlete. (Flexible)
5. 95 meters. (Needs less practice)
6. Never receives the baton. (Need them less)
7. Nerves of steel.

Second Leg-

1. Taller athlete
2. Doesn't need to be as explosive.

3. Almost always with the wind. (Especially at the state meet)
4. From 85 to 115 meters. (Depending on speed)
5. Tall hurdler, 400 runner.
6. Lots of time, two exchanges.

Third Leg-

1. More compact athlete
2. Great curve runner
3. Often fastest runner. (Most flexible position)
4. From 85 to 115 meters (Depending on speed)
5. Short acceleration zone
6. Hard to match speeds

Fourth Leg-

1. Anchor (Too much credit, too much blame)
2. From 105 to 95 (Depending on speed)
3. Straight line runner
4. Mostly against the wind (Especially at state meet)
5. Less practice time
6. Often a jumper
7. Just focus on your lane

When Do We Practice

1. Mostly tired after practice
2. Always short unrealistic bursts
3. Full speed touches almost every day
4. Once a week first thing (5 Full speed, 40+40)
5. Always use 30 meters
6. Start=Never important. (As long as the same)
7. In spikes for full speed
8. Never leave you wingman. (Top gun)

Better to be disqualified than to be slow. Head coach nightmare.