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Preparing to sprint/hurdle- What is the purpose of every activity you ask your athletes to do???

HAVE A PURPOSE- SPRINTERS NEED QUALITY WORK. GET IN AND GET OUT.

Sprint progression-  
Jog 600m

**5 x 3 mini hurdle hops**- minimize knee bend and focus on striking (anticipating) landing with middle of foot (that is where your power is).

**5 x jump high on a low box**- Jump as high as you can off two feet and land on a two foot box. Minimizes the danger but wakes up the system.

**3 x 20m- fast/faster/fastest (drill down jog back)**

-**A skips**- foot opposite knee; knee up/heel up/toe up; lift up through the hamstring

-**Straight leg runs long**- strike the ground under your hips; propel into next stride

-**Straight leg runs short**- plantar flexion. Paw back at ground to propel.

-**Straight leg with fast leg**- single/double/triple- Bring fast leg up through hamstring, over opposite knee, extended in front, and with toe up as foot strikes underneath hips.

-**Dribbles**- over opposite ankle with good foot strike

-**Over knee**- same as dribbles but bigger

**2 x 10m low pull bounds** with resistance (harness, sled, Run Rocket)

**SPRINTS/NON-HURDLERS**

**5 x 30m acceleration runs.** Focus- start with low toe drag but chest up (triple ext.)

**HURDLERS**

**Cuban drill x 6**

**3 x 2 ft hurdles- 3 step/ 5 step/ 5 step**

**1<sup>st</sup> hurdle fifteen 15 feet; 2<sup>nd</sup> hurdle 30 feet; 3<sup>rd</sup> hurdle 30 feet**

**27-30 inch hurdle- 3 x over the top 18 feet apart. Focus on quick lead leg and pulling trail through arm pit.**

**Hurdle acceleration pattern drill- reps as needed.**

**ALWAYS CHEAT HURDLES IN DURING PRACTICE. MAKE EVERYTHING REPLICATE THE RACE.**

HAS EVERYTHING UP TO THIS POINT PRODUCED THE PROPER MECHANICS??

If not give a cue or reteach.

Time elapsed- 45 minutes (none of it wasted/irrelevant).

**Block Starts-** Where can you push the hardest from?? Find your happy place!!

**ON YOUR MARKS-**

Front foot- Two of your feet from starting line

Back leg- Place knee next to front foot

Hands- Slightly wider than shoulder width

Shoulders- Right on top of hands. Don't lean out past hands!

Eyes- Looking just beyond starting line to where you want to step.

**SET-**

Minimize the movement to raising hips straight up and pushing back with feet.

Middle part of foot firm against both pedals.

Back straight with neck in line and relaxed, eyes don't shift.

Coach's eye- Should draw a straight line up from front foot through opposite knee and hip

**GO!**

Push as long as possible off front pedal to achieve triple extension of ankle, knee, hip  
POST

Chest needs to come up so name on jersey can be seen down the track. Stay low is not a good cue! Staying low is often running bent over at the waist and that inhibit stride length/knee lift.

**BE A PATIENT ACCELERATOR!!!**

Person taking the fewest steps will win the race, so maximize your stride capabilities while ensuring the foot strike under hips. Foot strike in front of hip is too slow to travel over.

Each step in acceleration pattern should be slightly longer than the previous one

Acceleration should last 20-30 meters in most of your athletes

Ex- Vince Anderson acceleration a good resource