

Training Design

The first thing you should do is plan out when you want to be at your best. Work backwards from that date, realizing that it takes around 6 weeks to fully realize adaptation from training, then divide the time frame you have into 4-6week blocks.

Example- Training will begin on June 1st I want to run a fast 40 yard August 23rd going into fall camp.

Block #1-

June 1st						
June 8th						
June 15 th						
June 22nd						
June 30th						
July 7th						

Block #2

July 14 th						
July 21st						
July 28th						
August 4 th						
August 11th						
August 18th						

In a particular training block the activities conducted will be very similar to the activities conducted the week before, only the training load will be varied.

In a four-week cycle it should be as follows

Week #1 Start off with a medium workload

Week #2 Increase the workload

Week #3 Increase the workload

Week #4 Light Recovery week

In a six-week cycle the training loads should go as follows-

Week #1 Start off with a medium workload

Week #2 Increase the workload

Week #3 Increase the workload

Week #4 Unload to the first weeks load

Week #5 Very High workload

Week #6 Very light recovery week

In a six-week peaking cycle the training loads should go as follows-

Week #1 Start off with a medium workload

Week #2 Increase the workload

Week #3 Medium Workload

Week #4 Heavy Workload

Week #5 Light workload

Week #6 light load tuning the athlete for peaking

So our peaking example would look like this...

Block #1-

June 1 st	Medium
June 8 th	Heavy
June 15 th	Heavy
June 22 nd	Medium
June 30 th	Very Heavy
July 7 th	Light

Block #2 (exercises and themes will change)

July 14 th	Medium
July 21 st	Heavy
July 28 th	Medium
August 4 th	Very Heavy
August 11 th	Light
August 18 th	Peaking

What defines a light, medium, heavy, or very heavy workload? That depends largely on the level of the athlete, but weeks can be planned following this rule- Consider each session as having a numerical value. They would be valued as follows.

Light session- 1

Medium Session- 2

Heavy Session- 3

Very Heavy Session- 4

Total value for weeks would be as follows

Light week-8-10 including only 1 heavy session

Medium Week- 12 including 2 heavy sessions

Heavy week- 12-14 including 3 heavy sessions

Very Heavy-12-14 including 2 very heavy sessions

*Very Heavy sessions should always be followed by light sessions or off days.
Using our example training should look like this..

Block #1-

June 1 st Medium	Light	Heavy	Light	Medium	Light	Off
June 8 th Heavy	Light	Heavy	Light	Heavy	Light	Off
June 15 th Heavy	Medium	Light	Heavy	Light	Heavy	Off
June 22 nd Medium	Light	Heavy	Light	Medium	Light	Off
June 30 th Very Heavy	Light	Heavy	Light	Light	Very Heavy	Off
July 7 th Medium	Light	Medium	Light	Medium	Light	Off

Block #2

July 14 th Medium	Light	Heavy	Light	Medium	Light	Off
July 21 st Heavy	Light	Heavy	Light	Heavy	Light	Off
July 28 th Medium	Light	Heavy	Light	Medium	Light	Off
August 4 th Very Heavy	Light	Heavy	Light	Light	Very Heavy	Off
August 11 th Medium	Light	Medium	Light	Medium	Light	Off
August 18 th Medium	Light	Medium	Light	Pre-Meet Tune Up	Peak	

Neuromuscular Days, General Days

Training sessions classified as Neuromuscular (NM) sessions would include activities that are very high intensity. For speed development purposes these would be days associated with Acceleration, Max Speed, or Speed Endurance.

Additional activities performed during those sessions should be compatible with the speed goal of that session. For example, since large ranges of motion, slightly longer ground contact times, and durations of up to 6 seconds characterize movements in acceleration, weight exercises, jumps, multi-throws etc. should also display those characteristics. General days would involve lower intensity activities including lower intensity running, bodyweight and core strength activities, medball throwing etc. ***NM days should almost always be followed by general days.*** If you follow up a NM day with another NM day it greatly increases the risk of injury. The athletes will also be less likely to be able to produce quality efforts and there by not truly achieve the training objective. The only acceptable examples where two NM days follow each other are to mirror rounds in championships, or the days of the multi-event competitions. This should be done very rarely! However, often times I will use a very low volume NM day as a wake up activity the day before a competition or a more serious training session. I'll provide an example of this type of day later.

NM Themes

Acceleration-

Directional Emphasis- Horizontal
Ground Contacts- Longer
Range of Motion- Large
Duration of Activity- 3-6 seconds
Major Muscle Groups Worked- Glutes, Quads

Max Speed-

Directional Emphasis- Vertical
Ground Contacts- Brief
Range of Motion- Small
Duration of Activity- 6-10 Seconds
Major Muscle Groups Worked- Hamstrings, Lower legs

Speed Endurance-

Directional Emphasis- Vertical
Ground Contact- Brief
Duration of Activity- 10-15 Seconds
Major Muscle Groups Worked- Hamstrings, Lower legs

Pre-Meet NM Wake Up-

Warm Up and low volume of activities like standing long jump, moderate Olympic lifts or blocks starts to prime the nervous system for competition. Done either the day before competition or 4-5 hours before competition

Example Week

Monday- **Acceleration Day (NM)**
Tuesday- General Strength
Wednesday- Active Recovery
Thursday- **Max Speed (NM)**
Friday- General
Saturday- **Acceleration or Speed Endurance (NM)**