

Back to the Basics of Speed

How to teach speed for the first time.

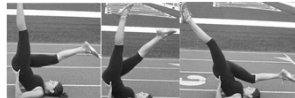
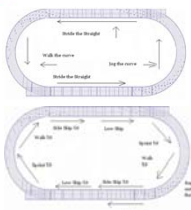
Truths

- Speed Doesn't Have a Color
- Speed CAN be taught
- Speed is everywhere
- Different athletes different needs
- More is not always better
- Sprinters are different



Warm Up

- General Warm Up
 - In and Outs, Dynamic
 - Changes over time
- Suppleness
 - Static
 - Basic, Partnered, and PNF
 - Dynamic
 - Leg Series 1-3



Team Huddle

- The daily check in
- Google Document Survey
 - Late, leaving early, or miss
 - Adjusted practice due to injury
 - AthleteSR or Iris
- Theme of the day's training
- Quote of the day



Bio-mechanics

- Different Phases
- Two Different Packages
 - Day A
 - Day B
- Drills that match the day's training
- Modified Hands
- Finish Drills with 3 point acceleration position

Block Drill 1 (vertical series)	Block Drill 2 (vertical series)
2x20m High Knees	2x20m High Knees
2x20m Step Over/Over Back Kicks	2x20m Step Over/Over Back Kicks
2x20m A Skip	2x20m B Skip
2x20m High Hops	2x20m Backwards
2x20m Back Walks Forward	2x20m Back Walk Backward
2x20m High Heels	2x20m High Heels Backward
2x20m Quick Leg Walking	2x20m Backward run
2x20m Quick Leg Jogging Single	2x20m Up, set, and through
2x20m Crossover	2x20m Quick Leg Jogging Double
2x20m Heald Up	2x20m Quick Knee Lunge
2x20m Wall Run	2x20m A/B Run



Acceleration, Maximum Velocity, Energy System Development

- Main Part of Practice
- Everything else is ancillary
 - Some focus much in weight room, technique, or plyometrics
- Recoveries as important as length and speed.
- Continue Communication
 - Between repetitions (purpose, instruction, different each rep, and humor)
 - Do not overload (less is more)



Workout 1 Acceleration

Acceleration Games


- 2x10 Rollover Start
- 2x10 Walking Start: From walk hit mark and accelerate
- 2x10 Dancing Start: With feet moving in place accelerate without false step.
- 2x10 Side Step & Go: Take two steps sideways, then drive off back foot and accelerate the opposite direction.
- 2x10 Crossover Step & Go: Crossover with right foot, recover left foot and drive off left going right (do opposite direction also)
- 2x10 Scramble Out: Start in prone position, scramble out and accelerate
- 2x10 Push up position and Go
- 2x10 On your back roll out to right and Go

Acceleration, Bound, and Step Over/Hit


- 3x40 Drive 5 + 10 Bounds + Step Over/Hit
- 3x40 Drive 10 + 5 Bounds + Step Over/Hit
- 3x40 Drive 12 + 5 Bounds + Step Over/Hit








Workout 2 Maximum Velocity



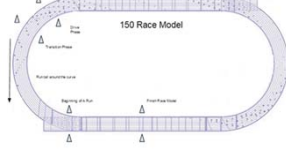
Speed Development: FLY & HIT MODELING


1. 60meters 30b+10f+10h+10f	2. 70meters 30b+15f+10h+15f
3. 70meters 30b+15f+15h+10f	4. 85meters 30b+20f+15h+20f
5. 75meters 30b+15f+15h+15f	6. 120meters 30b+30f+30h+30f




Workout 3 Speed Endurance

- Emphasis speed over endurance
- Race Modeling
- Not a lot of reps and overload distance slightly







Workout 4 Tempo


- 70% or 85% Efforts.
- 1 lap the hard way
- 100s on the minute
- Tempo 200s w/Backend 400m Dash Pace
- When Possible Run on Grass
- When Possible Run Opposite Direction

Lactacid Tempo Circuit

8x200 + After each exercise with run on track


- 20x Pushups
- 16x Crab Kicks
- 40x Crunches
- 20x Side-Ups
- 40x Lunges
- 80x A-Skip
- 40x Chinnies
- 20x Pushups

Or hyperventilation for 60seconds after the interval.



Workout 5 Special Endurance

- Over Timing the Sprinter
- 40 to 45 Second Runs for Distance
- Race Model 350s w/Weight Vest Complex
- Modified Clyde Hart Training
 - 2x450 Full Recovery and 4x200 10 to 12 min recovery







Workout 6 Active Recovery

- Warm Up and Review Days
- Hurdle Mobility
- Yoga
- Standing Hand Off Drills for targeting
- Tony Holler and Days Off
- Beautiful Day Drill (Visualization)
- Create 24 Hour Taper
- PHD in your event
- Massage






Plyometrics






Multi-Jumps	
1. Standing Long Jump	5. Double Leg Vertical jumps
2. Standing Triple Jump	6. Double Leg Repetitive Bounds
3. Repetitive Hurdle Hopping (DL, SL)	7. Repetitive Single Leg Hops
4. Single Leg Combinations	(Repetitive Hurdle Hopping to Single Leg Combinations can use run ups)





Cool Down





- In place Jumps
- Descending Pace 100 striders barefoot
- Walking to the weight room
- Lifting
- Static Partner Stretching
- Foam Rolling




Weight room




Type	Posture	Preparticipation	Maximal Strength	Stability Phase	Speed/Power Acquisition	Endline
Duration	8-10 or 3-5 hrs	4-6 weeks	3-6 weeks	2-4 weeks	3-6 weeks	3-5
Load	30-40 or 40-60%	70-80% with partner	85-100% with partner	50-60%	30-90% load not as important coach should use stop watch to measure output	50-85%
Rest/Recovery Between Exercises	1-3:30mins	3-5mins	3-6mins or heart rate below 120 bpm	3-5mins	2-5mins or heart rate below 120 bpm	3-5mins
Frequency	2-4 times week	2-5 times week	2-5 times week	2-5 times week	2-3 times week	2-5 times week
Total Time	20-25 or 30-40mins	30mins to 1.5 hours	30mins to 1.5 hours	30mins to 1.5 hours	30 mins to 1.5 hours	30mins to 1.5hours
Number of Sets	9-12 or 6-9	6-9 not including core	3-5 not including core	6-9 not including core	2-4 not including core	3-7 not including core
Number of Reps	2-5	4-6	6-10	4-6	3-10	3-6
Tempo of DR	Medium-fast	Slow-medium	Medium	Medium	Fast as Possible (FAP)	Bulbatic+ FAP

Injury Prevention



- Functional Mobility Screens
- Google Form for Injuries
- Athlete SR
- Recovery Stations
- Justice League of Therapists
- Chain of Command and Athlete/Coach/PT Triad



Management



- Team Huddle
- Testing
- Single Location Planning
- Once a week staff meetings
- Rotating Athlete Event Schedules
- Expectations Contract
- Getting and Keeping a Good Staff




Thank you!

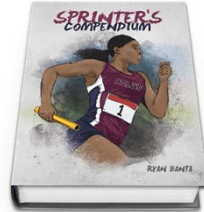


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About me



- Bio
 - Girl's Head Coach Track and Field 2003 to present (16 yrs)
 - 109 records (Fr, Soph JV, V),
 - 4x top 5 state championship team finishes 2008, 2009, 2016 and 2017.
 - 5xDistrict champs 2007, 2008, 2009, 2015 and 2016.
 - Conference Champion 2015, 2016, and 2017.
 - 5xDistrict runner-up finishes 2011, 2012, 2013, 2014 and 2017.
 - 2xState Records, 14 nationally ranked events, 11 runners up, 10 state champs, 57 all-state performances, 122 state qualifying events/individuals qualifying events
 - Blogger on www.elitetrack.com, speedendurance.com, and just-fly-sports.com