

# Wamego High School Sprinters/Jumpers season program 2012

## Week 1: February 27<sup>th</sup>-March 2<sup>nd</sup>

F27- 4x20 meter march increasing intensity, 4x30 meter bounding increasing intensity, 100 time trial, 400 time trial.

F 28- 4x20 march increasing intensity, 6x flying 50's with walk back recovery.

F29- 200 for time, 15 minute break, 300 for time.

M1- Morning lifting. 4x300 progressions with 4 minutes recovery.

M2- Morning lifting. 4x20 meter march increasing intensity, 4x30 meter bounding increasing intensity, 4x open hand offs, 4x closed switching places, and partners.

Total volume 3380

## Week 2: March 5<sup>th</sup>-March 9<sup>th</sup>

M5- 2x300 acceleration, 2x200 with curve emphasis

M6- Morning lifting, 10 minute relay with open hand-offs, 100 meters each (shooting for 8 on each team). 10 minute easy run.

M7- 4x speed ladder, 3x in and out, 3x side to side both with 40 meter sprint out, 4x 40 meter A-skips, 10 minute easy run.

M8- Morning lifting, JUMP DAY focus on approach, sprinters will do 8x resistance 40's, 4x backward 50's, 4x flying 50's.

M9- Morning lifting, closed hand-off work, curve specifics, start specifics, 12 minute run.

Total volume 3700 + 32 minutes aerobic base

## Week 3: March 12<sup>th</sup>-March 16<sup>th</sup>

M12- 2x400 w/200 walk rest, 2x300 w/150 walk rest, 12 minute run.

M13- 3x30 second run, 2x20 second run, 1x10 second run, all at 100%!

M14- JUMP DAY focus on approach and 2 step pop-ups, standing Triple Jump with arm focus. Sprinters will do 4x200@80% with 200 walk rest, and 4x100 @90% with 100 walk rest.

M15- Morning lifting, 12x100 w/60 seconds of rest, 13 minute run.

M16- Morning lifting, JUMP DAY approach, followed by 4 step pop ups for LJ, and 2 step pop ups for LJ. Sprinters will do 100-200-300-200-100 with equal rest all at 80% intensity.

Total Volume 5780 + 25 minutes aerobic base

**Week 4: March 19<sup>th</sup>-March 23<sup>rd</sup>**

M19-Morning lifting, Relay hand-offs, curve emphasis, start emphasis, 13 minute run

M20- Park at stadium, run to school, lift, run to stadium

M21- 6x Starts, 4x Curves, 3x Hills

M22- Morning lifting, JUMP DAY focus on approach penultimate take offs for LJ, focus on 4 step pop up for TJ. Sprinters will do 6x20 second pursuit, 13 minute run

M23- MORNING LIFTING ONLY!!!!

Total Volume 4480 + 26 minutes aerobic base

**Week 5: March 26<sup>th</sup>-March 30<sup>th</sup>**

M26- Curve starts, 3x30 second, 2x20 second, 1x10 second all at 100%

M27- Morning lifting, JUMP DAY focus on beginning and end. Sprinters will do 5x150 accelerations with 150 walk back. 14 minute run

M28- Pre-Meet Day ALL SPECIFICS

M29- Chapman Meet

M30- Morning lifting w/15 minute run

Total Volume 1750 + 29 minutes aerobic base

**Week 6: April 2<sup>nd</sup> -April 6<sup>th</sup>**

A2- JV Pre-Meet Day, Varsity 17 minute practice

A3- Morning lifting not for JV kids! JUMP DAY focus on adjustments, Sprinters will do 20x50 meter shuttle.

A4- Pre Meet Day for varsity, JV will do 4x300 accelerations.

A5- Riley County Meet

A6- Morning lifting w/ 16 minute run

Total Volume 3800 + 16 minutes aerobic base

**Week 7: April 9<sup>th</sup>-April 13<sup>th</sup>**

A9- Pre-Meet Day

A10- Wamego Meet

A11- Park at stadium, run to school, lift, run to stadium

A12- JV Pre-Meet Day, Varsity will do 4x40 second run @ 80% work on not decelerating.

A13th- Morning lifting not for JV kids. JUMP DAY working on your weakness, Sprinters will jog to Grandview, run the hill 4x with walk down recovery, and jog back.

Total Volume 3400

**Week 8: April 16<sup>th</sup>-April 20<sup>th</sup>**

A16- Morning lifting, JV Pre-Meet Practice, Varsity 30:30 practice

A17- Morning lifting not for JV kids. JV Meet, JUMP DAY focus on total jump, Sprinters will work on open hand-offs, while working on 1-400 on, and 3-400's off total of 4 times.

A18- JV kids will do the same workout from the varsity's previous day, varsity kids will do 3x150, 4x100, 5x50 all at 100% with walk back rest.

A19- Pre-Meet Day for varsity, JV will do the same workout from the varsity's previous day.

A19 & A20- Emporia State Meet

Total Volume 5400

**Week 9: April 23<sup>rd</sup>-April 27<sup>th</sup>**

A23- Morning lifting, JV pre-meet day, Varsity will do 2x300's @80%, 3x200's @90%, 4x100's @ 95% all with walk back rest.

A24- Morning lifting not for JV kids. JV meet, JUMP DAY focus on penultimate, and finish for LJ, phase 2 to 3 for TJ. Sprinters will jog to Grandview run the hill 6x, and jog back.

A25- Pre-Meet Day for those not attending Seaman Relays, All others will do 4x assistance, and 4x resistance sprints,

A26- Morning lifting, Wamego Invite, Pre-Meet for those attending Seaman Relays

A27- Seaman Relays

Total Volume 2800

**Week 10: April 30<sup>th</sup>-May 4<sup>th</sup>**

A30- Morning lifting, 30:30 practice

M1- Morning lifting, JUMP DAY all approach. Sprinters will do 4x200 @85%, 3x100@95% w/equal walk back. First two 200's will be out of blocks.

M2- Morning lifting, JUMP DAY all take offs on both jumps. Sprinters will do 3x progressive 300's, 10 minute run.

M3- Pre-Meet Day for all who are attending Wellsville meet. All others will do 7x150 with equal walk back for rest.

M4- Wellsville Meet

Total Volume 5450

**Week 11: May 7<sup>th</sup>-May 11<sup>th</sup>**

M7- JV Pre-Meet Day, JUMP DAY, Sprinters will do 3x starts, and 2x4 minute fartleks, with 8 minutes rest between.

M8- JV Meet, JUMP DAY, Sprinters will do 4x flying 120's with backwards jog backs.

M9- 12x100 w/ 50 meter backward jog recovery.

M10- Pre-Meet Day

M11- NCKL

Total Volume 4180

**Week 12: May 14<sup>th</sup>-May 18<sup>th</sup>**

M14- 10x50 shuttle relay

M15- 10x flying 70's

M16- JUMP DAY, Starts & Hand-Offs

M17- Pre-Meet Day

M18- Regionals

**Week 13: May 21<sup>st</sup>-May 26<sup>th</sup> State Week...All Specifics!!!!**

## SPRINT MECHANICS

Fact: The human body when perfectly trained is able to hold maximum velocity for 2 seconds. This means that the key to running fast, is reducing the curve of deceleration (slowing down). The following are the verbal cues that the athletes will use as checkpoints.

**“Big Fives”**- Athletes are to keep their hands wide open. This will prevent them from tightening their arms, and losing range of motion.

**“Hip Taps”**- Athletes are to drag their index, middle, and ring finger on the material that covers their hips. This will prevent them from swinging their arms across their center point, and avoid an unnecessary side to side motion.

**“Thumbs up”**- Athletes are to keep their thumb above all of their other fingers, and pointed towards the sky. This will allow them to execute the “hip taps”, and avoid a loss of range of motion.

**“Fast Hands”**- An athlete’s foot speed is controlled by their hand speed. For them to accelerate, they simply need to move their hands faster.

**“Shoulders Down”**- Athletes should maintain an erect posture, while keeping their shoulders down, and relaxed. This will allow them to execute “down and back”.

**“Down and Back”**- Athletes should drive their elbows down and back. This creates a greater range of motion, and allows the athlete to control what they don’t see.

**“Chin Level”**- Athletes should keep their chin parallel to the surface of the track. If an athlete drops their chin, they will over rotate forward, and fail to execute “over and down”. If they raise their chin too high, they will shift their hips forward, and over stride.

**“Elf Toes”**- Athletes need to maintain a dorsal flex position during all sprint situations. Failure to do this will cut down their range of motion, and prevent them from executing “over and down”.

**“Over and Down”**- Athletes are to raise their foot as high as their opposite knee, and apply pressure down into the track surface. The foot should immediately return back under the athlete’s glute (rear end).

Proper sprint mechanics are similar to an affixed rotary (bicycle pedal). Fantastic drills for teaching sprint mechanics are marching, and bounding.