

Sprinting

UNIVERSITY OF FLORIDA ATHLETIC ASSOCIATION

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MY PLAN

Fall Training (base period) 6 – 10 weeks

Much of our time in fall training is spent conditioning the body and teaching drills that help develop proper sprint mechanics. I also try to introduce exercises that help to develop and improve the athlete's technique, stride length and stride frequency. Circuit Training plays a big role during this phase, we do this not only to help increase that athletes fitness level, but also to help develop the proper sprint mechanics that are so vital at the end of the race.

Training Phase

Our emphasis here is again on developing speed and conditioning the body and the mind to hold that speed. The thing that I try to stress to my athletes is that we are preparing for our championships season, that we are working towards weekly progress and building towards an explosion at the Conference and National Meets.

Championship Season

The emphasis during this phase is on resting the athlete in hopes that they will have their best performances at our championship meets. I make concentrating on technique a premium during this phase, as the athlete becomes more rested, the technical side of their efforts become easier to achieve.

Sample Workouts (100 – 200)

Mon. - 5x20, 4x30, 3x40

3x30, 3x40, 2x50, 1x60

5x30 (2 sets)

Tues. - 6 x 250 (35 – 28 @ 200) 2 min rest

300 – 200 – 100 (39 – 26 – 13) 100 walk rest (2-3 sets) 400 walk rest

3 x 500 (500 walk rest)

500 – 400 – 300 – 200 (walk what you ran for rest)

Thurs. - 4 x 100 (25 sec rest) 2 sets (full recovery between)

Run 100 (walk back 50) Run 100 (cover full lap)

200 (30 sec rest) 200

2 x 352 (full effort) full recovery

The intensity and times of these runs will be determined by the target times for your athletes.

Sample Workouts (400)

Mon. - 5x20, 4x30, 3x40

3x30, 3x40, 2x50, 1x60

5x30 (2 sets)

Tues. - 6 x 250 (34 – 27 @ 400) 2 min rest

300 (45 sec rest) 300 (3 sets)

350 (60 sec rest) 350 (3 sets)

3 x 500 (500 walk rest)

600 – 500 – 400 – 300 – 200 (walk what you ran for rest)

Thurs. - 4 x 100 (25 sec rest) 2 sets (full recovery between)

200 (30 sec rest) 200 – 2 sets (full recovery between)

250 (40 sec rest) 150 – 2 sets (full recovery between)

300 (45 sec rest) 100 – 2 sets (full recovery between)

2 x 352 (full effort) full recovery between

The intensity and times of these runs will be determined by the target times for your athletes.

Sample Fall Workouts

Mon. SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/

5 x TAPE & ACCELL DRILL/5 X 20 (3 POINT STANCE) 2 SETS

MED BALL CIRCUIT/GRASS COOLDOWN

Tues. LONG WU/HURDLE DRILLS/STRETCH/DRILLS

35 MIN CIRCUIT (A)/MED BALL CIRCUIT/GRASS COOLDOWN

Wed. ACTIVE RECOVERY

Thurs. SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/

5 X 20 (3 POINT STANCE) 2 SETS/MED BALL CIRCUIT/10 DIAGONALS

Fri. LONG WU/HURDLE DRILLS/STRETCH/DRILLS

5 X TAPE & ACCELL DRILLS/12 DIAGONALS

Sat. – Sun. ACTIVE RECOVERY

Mon. SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/

5 x TAPE & ACCELL DRILL/5 X 30 (3 POINT STANCE)

BOX DRILLS/MED BALL CIRCUIT/10 DIAGONALS

Tues. LONG WU/HURDLE DRILLS/STRETCH/DRILLS

6 X 600 (1:45 – 70 @ 400) 400 WALK REST

Wed. ACTIVE RECOVERY

Thurs. LONG WU/HURDLE DRILLS/STRETCH/DRILLS

8 X 300 (NO TIME JUST SMOOTH & CONTROLLED WORKING ON

TECHNIQUE//MED BALL CIRCUIT/GRASS COOLDOWN

Fri. SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/

35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS

Sat. – Sun. ACTIVE RECOVERY

400

Sample Training Phase

Mon. SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/

5 x TAPE & ACCELL DRILL/6 FORM STARTS (20m)

4 X 40, 4 X 50, 3 X 60 (3 POINT STANCE)

6 X 50m SINGLE LEG HOPS (3 EACH LEG)

MED BALL CIRCUIT/GRASS COOLDOWN

Tues. LONG WU/HURDLE DRILLS/STRETCH/DRILLS

500 – 400 – 300 – (56 400 BASE) WALK WHAT YOU RAN FOR REST

MED BALL CIRCUIT/GRASS COOLDOWN

Wed. ACTIVE RECOVERY

Thurs. SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/

6 FORM STARTS (IN TURN)/200 (22 OR BETTER) 30 SEC – 200

2 SETS – FULL RECOVERY BETWEEN/MED BALL CIRCUIT/
GRASS CD

Fri. LONG WU/HURDLE DRILLS/STRETCH/DRILLS

12 X 100 (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD

Sat. – Sun. ACTIVE RECOVERY

Mon. SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/

5 x TAPE & ACCELL DRILL/6 FORM STARTS (20m)

3 x 40, 2 x 50, 2 x 60 (3 point stance) 2 sets

B8 x stadium hops (2 sets)/MED BALL CIRCUIT/GRASS CD

Tues. LONG WU/HURDLE DRILLS/STRETCH/DRILLS

3 X 600 (1:26 – 57 @ 400) 600 WALK REST

MED BALL CIRCUIT/GRASS CD

Wed. ACTIVE RECOVERY

Thurs. SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS

4 FORM STARTS/300 (33 OR BETTER) 45 SECS – 100 (FULL EFFORT)

2 SETS – FULL RECOVERY/5 X SLJ & STJ/MED BALL CIRCUIT
GRASS CD

Fri. LONG WU/HURDLE DRILLS/STRETCH/DRILLS

12 X 200 (26) 200 WALK REST/MED BALL CIRCUIT/GRASS CD

Sat. – **Sun.** ACTIVE RECOVERY

400

SAMPLE COMPETITION PHASE

Mon. SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS

4 FORM STARTS (20 m – TURN) 4 X 40 (BLOCKS – GUN – IN TURN)

3 X 70, 2 X 80 (3 POINT STANCE) 4 X 50m (BOUNDING)

Tues. LONG WU/STRETCH/DRILLS/5 X TAPE & ACCELL DRILLS

3 X 500 (56 400 BASE) 500 WALK REST

Wed. MEET WU/STRETCH/DRILLS/BATON DRILLS

Thurs. SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS

4 FORM STARTS (20 m – TURN)/300(33 OR BETTER FROM BLOCKS)

45 SEC REST – 100 (FULL EFFORT) 2 SETS FULL RECOVERY

Fri. DAY OFF (COMPLETE REST)

Sat. PRE MEET DAY @ TRACK OR O'DOME

Sun. 8:15 am – PREE MEET WU @ TRACK OR O'DOME

AFTERNOON – HOME COMPETITION

Mon. DAY OFF (COMPLETE REST)

Tues. SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS

4 FORM STARTS (20 m – TURN) 4 X 60, 4 X 80 (3 POINT STANCE)

6 X HURDLE HOPS (33" – RUN OFF)

Wed. LONG WU/HURDLE DRILLS/STRETCH/DRILLS

5 X TAPE & ACCELL DRILLS/300 (37 – 38) 45 SEC REST 100 (12 OR BETTER) 3 SETS (FULL RECOVERY BETWEEN)

Thurs. TRAVEL (JOG & STRETCH @ HOTEL)

Fri. PRE MEET DAY @ FACILITY

Sat. COMPETITION

Sun. TRAVEL (COMPLETE REST)