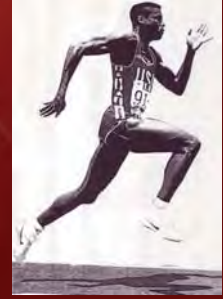




- 12 athletes x 8 accel x 5.5 days x 39 wks= 20,592 accelerations per year!
- If I observe half of those, I am observing 10,000 accelerations per year.
- I have been coaching 26 years
- IMO, not once have I EVER seen an athlete push too hard or push for too long.
- A small percentage does push 100+ meters, which is necessary.

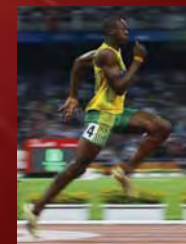
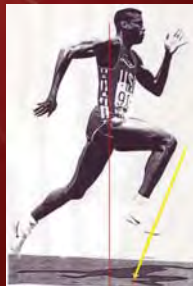


- Blind study at U. Tenn: 6 x 30m test. Each athlete 6 trials, semi-auto timed from t.d. of first step, with stride 10 measured for depth. (Reaction variable eliminated)
- 10 of 13 athletes' fastest trial coincided with their greatest t.d. distance
- 12 of 13 athletes' slowest trial coincided with their least t.d. distance



Begin with end in mind: Run Tall

The purpose of the "start" is to athletically push oneself into TALL sprint posture



ATM TEXASAGGIE TRACK & FIELD

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Wall Drills :
Develop "Post" Awareness

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Wall Drills

ATM TEXASAGGIE TRACK & FIELD

Wall Drills

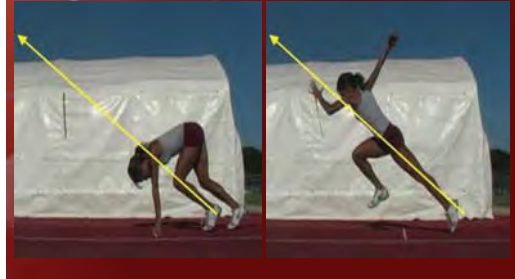
Wall Drills



Post from 4 point set : assisted



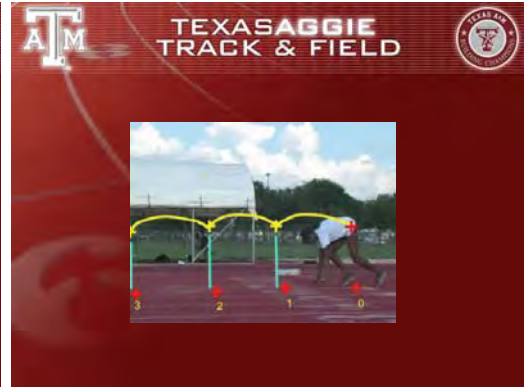
Post from 4 Point Set













TEXASAGGIE TRACK & FIELD

- Speed creates endurance
- Endurance does not create speed
- Johnson 43.18 wr = 21.23 first 200 (19.32 pr)
- Train Speed Development from earliest stages
- Train acceleration
- Train Maximum Velocity Mechanics
- Train Posture, Posture, Posture!
- Consider intensity and posture – not volume

TEXASAGGIE TRACK & FIELD

- Uphold Sound Technical principles
- Avoid Mindless Conditioning
- Avoid "death march"
- Our intent: we train everyone for the 200m / 4x100
- Strategies for achieving quality in tempo training:
 - Cut down runs : 5x 200 = 30, 30, 29, 28, 27
 - Break down: 300, 200, 100 at 400m race tempo
 - Segment runs: 4x180 (15'pace 60, 14'pace 60, 13' pace 60)

**Sprints : Week 1
General Preparation**

M - Introduce acceleration: 30,40,50,40,30,20m
3-4 x(2x50m grass) 1',2'/ 12 x multi jump / +

TU - Introduce Max Velocity sprint posture
4-6xVmax drill/ 3 x(2 x 150 grass) 2' rep,4'set

W - 18 x multi jumps, 18 x multi throws /+

TH - acceleration: 2 x(20,30,40,50) acc Ladder /
3x80m grass (3'-4')/ 12 x multi throws

F - 4-6xVmax drill/
300(10'), 200(6'),150(4'),100 /+

**Sprints: Week 2
General Preparation**

M - acceleration: 30,40,50,40,30,20m
3-4 x(2x50m grass) 1',2'/ 12 x multi jump / +

TU - Max Velocity sprint posture: 4-6xVmax drill/
5x150m segment run/ 50-50-50 cut down (5')

W - 18 x multi jumps, 18 x multi throws / +

TH - acceleration: 2 x(20,30,40,50) acc Ladder /
3x80m grass (3'-4')/ 12 x multi throws

F - 4-6xVmax drill/ 4 x200m, 1-2 x 150m (5') / +

**Sprint: Week 1
Competitive Phase**

M - 3x(40, 50, 60) blocks Contrast: solo, group /
12x multi jumps/+

TU - 4-6xVmax drill/
5 x200m (5') @ 400m goal pace/12 x multi thr/ +

W - relay exch: (3x pass,3x receive)/ +

TH - 12 x multi jumps, 12 x multi throws

F - 3-4xVmax drill/ 3-4 x 30m blocks: perf simulation

SA- Compete

**Sprint: Week 2
Competitive Phase**

M - 3x(20m,75m)blocks Contrast /12xmulti jump/+

TU - 4-6xVmax drill/
300 (8-10'), 200 (6'8'),150 (4-6'), 100 @ 400 goal
pace / multi throws /+

W - 4-6xVmax drill/
5 x 150 segmnt run(5') [50-50-50 cut down]

TH - 12 x multi throws

F - relay exch: (2xpass, 2x receive)/ 2-3 x 40m blocks

SA - compete