**Philosophy**

Our sprint training philosophy has been influenced by many coaches and programs. Will Freeman, Mark Hoffmann, Boo Schexnayder, Brian Fitzgerald, Clyde Hart, Jack Daniels, Tony Veney, Jay Johnson, Amy Deem, to name a few. We have borrowed training ideas and practices from local schools, collegiate powerhouse’s and even Olympic runners. **Science plays the most important role in our training. We use exercise physiology and kinesiology to influence the type of training we use. Example: Sprinters who engage in excessive aerobic focused training (distance) stall the development of phosphate & anaerobic energy systems needed for sprints like the 200m and 400m. The 400M race uses no more than 40% Aerobic Energy. This is why our light days rarely involve over distance training (more than 2 miles).**

We train our jumpers, hurdlers and sprinters together. By doing this all our sprinters use jumping  
drills in practice and all of the jumpers learn proper sprint technique. Jump drills increase strength and agility needed to become a better sprinter and sprinting makes up for 90% of success in the long jump.  
We also train every sprinter as a 400-meter sprinter. Training for the 400 develops physical and mental strength as well as speed training, strength training and speed endurance. This training is also beneficial for multi-sport athletes as it teaches perseverance and an ability to deal with a certain amount of pain. These qualities are useful for any athlete in any sport.

**Progression of Training Type (1-5 Scale)**

*Feb Mar Apr May*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Volume of Training | 5 | 4 | 3 | 2 |
| Technique Work | 2 | 3 | 4 | 5 |
| Intensity | 2 | 3 | 4 | 5 |
| Strength Work | 5 | 4 | 3 | 2 |
| Drill Work | 5 | 5 | 4 | 3 |

1-2 3-6 7-10 11-14

***Progression of Week***

**Monday:** Short Interval: The purpose of these workouts is to increase an athlete's speed endurance or ability to hold top speed

**Tuesday:** Long Interval: The purpose of these workouts is to increase strength and overall endurance needed to finish 200- 400 meter races strongly.

**Wednesday:** Pool: The purpose of the pool is to get a cardiovascular workout while recovering the legs. Water running helps us hone in on and eliminate deficiencies in running form.

**Thursday:** Speed Work: We recovery fully and only run 100% for 6 seconds or less. This allows us to improve our explosiveness and increase our top speed.

**Friday:** Strength: Uphill runs, Resistance Bands, Sleds, and Plyos are all employed in order to add strength and acceleration. Resistance helps encourage a natural drive in running form.

***Lifing takes place in Strength and Conditioning Class or after practice***