A Generalized Overview of In Season Training Sessions

- A Warm-up Scheme
- A Technical or High Neural Demand Activity
- Appropriate Power or Elastic Strength Routines
- General Strength, Special Strength and Regeneration Activities
- A Designed Cool Down Series
- Static Flexibility Homework Series and Hydrotherapy

The Warm-up

- Specific to tasks and demands of that day
- Warming, attentional and vibrational activities
- Static flexibility work
- Sprint awareness exercises
- Dynamic flexibility work
- Acceleration progressions
Monday
- Warm-up A
  - Acceleration Development (10-40m, with sets of 3 or 4 x 3-5 efforts in each set) use 1' and 4' recoveries; use blocks, group starts, rollovers or fly-ins emphasize mechanics, rhythm and relaxation; can add one to two special speed endurance runs with 5' recoveries.
  - Multiple Jump Series: 5 x 5 hurdles at 33’ and 2m spacing, dynamic or static to needs.
- Wt. Training: Olympic lifts, Presses, and Leg Series.
- Ancillary lifts: Russian Twists and Negative Toe Risers.
- Cool Down with 5' of jog/skip routines.

Tuesday
- Warm-up B
  - Technical Runs on Grass or in Flats; 6-8 runs x 50m with dribble, scissor or elastic overcues for 25m and runoffs for 25m; if a jumper, approaches x 4-6 and then 1-0-12 short run jumps instead of tech runs; if a hurdler then technical runs of 5-6 hurdles.
- General Strength Series.
- Medicine Ball Series.
- Hurdle Mobility Series.
- Cool down with multidirectional series for 5’.

Wednesday
- Warm-up C
  - Speed or Special Speed Endurance Runs: 2-3 sets x 3 runs x 50m with 2’ and 5’ recoveries.
  - Alternative Workout Options: Alactic Runs of 3 X 150, or 3 X 200 or 3 x 300m with 5-7 recovery or ladders of 6, 5, 4, or 4, 3, 2 using start pace on first two runs and then push on last run with recoveries as needed for training purpose.
- Elastic Endurance Series: Skips for height and distance, scissor bounds, alternate leg bounds, etc.
- Wt. Trn. As on Monday with variations.
- Mixed Cool Down Rhythms.
Thursday

- Warm-up D
- Relaxed Grass Runs; if jumper, limited short run jumps series or approach work
- General Strength Series
- Med Ball Series
- Hurdle Mobility Series
- Cool Down with 5' skipping
- If a rest day is needed, this is the preferred day

Friday

- Warm-up E
- Acceleration Development; if meet on Saturday limit to 6-8 runs of 20-30m; can do relay handoffs of same distance
- Multiple Throw Series
- Wt. Trn. Optional
- Cool Down as Prescribed
- Special Therapy Prescriptions

Saturday, Non meet Day

- Warm-up A
- Speed Endurance Series as needed; see Wednesday’s options
- Special Walks Series
- Hurdle Mobility Series
- Cool Down with 5' Jog/Skip/Side Shuffle
Saturday, Meet Day

- A competition is also a training load...it trains many systems and is real stress.
- Design events entered to fit time of year, athlete’s needs, and health of athlete.
- Warm-ups must be timed for the first event, be shorter in duration and cover all bases.
- Accelerations prime the pump and serve as a checklist.
- Neural stimulation movements for sluggish athletes.
- Multiple event demands.
- Hydration and diet.
- A tremendous teaching moment.