

200 and Up Sprinting: Training to Go Faster, Longer Competition Phase Micro-cycles for the Sprint and Hurdle Events

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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; 2-3sets x 3 runs x 50m with 2' and 5' recoveries
- Alternative Workout Options: Alactic Runs of 3 X 150, or 3 x 120 or 3 x 90m with 5'-7' recovery or ladders of 6,5,4,; or 5,4,3,; or 4,3,2 using date 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
