## A Model for Sprinters

The following is a sample training breakdown for collegiate sprinters and jumpers competing in both the indoor and outdoor track and field seasons.

<table>
<thead>
<tr>
<th>Phase</th>
<th>Duration</th>
<th>Goals</th>
<th>Exercises</th>
<th>Volume/Intensity</th>
</tr>
</thead>
</table>
| General Preparation | September-November (12 weeks) and March (4 weeks) | • Teach fundamental exercises  
• Prehab  
• Develop strength base  
• Develop explosiveness | • Upper/lower body multi-joint exercises  
• Olympic-style lifts from the hang  
• Hamstring, ankle, shin exercises  
• Core training | Maximal Strength:  
low volume (1x/week, 80-90% 1-RM)  
Power: moderate volume (2x/week, 60-70% 1-RM)  
Prehab/core: moderate/high volume (2-4x/week, 60-70% 1-RM) |
| Special Preparation | November-January (8 weeks) | • Continue teaching fundamental exercises  
• Introduce specific exercises  
• Prehab  
• Expand strength base  
• Expand explosiveness | • Same as in General Preparation  
• Begin integrating single-leg exercises and split-style variations of the Olympic-style lifts | Strength: moderate volume (2x/week, 80-100% 1-RM)  
Power: moderate volume (2x/week, 60-70% 1-RM)  
Prehab/core: moderate volume (2-3x/week, 60-70% 1-RM) |
| Preseason     | January (2-4 weeks)       | • Teach specific exercises  
• Maintain prehab  
• Expand strength  
• Expand explosiveness | • Single-leg/split variations of exercises  
• Upper/lower body multi-joint exercises  
• Olympic-style lifts and variations  
• Prehab exercises | Strength: moderate volume (2x/week, 80-100% 1-RM)  
Power: moderate volume (2x/week, 60-70% 1-RM)  
Prehab/core: moderate volume (2-3x/week, 60-70% 1-RM) |
| In-Season      | February (4 weeks) and April-June (10 weeks) | • Maintain prehab  
• Expand strength  
• Expand explosiveness  
• Peak performance | • Single-leg/split variations of exercises  
• Upper/lower body multi-joint exercises  
• Olympic-style lifts and variations  
• Complex exercises  
• Prehab exercises | Strength: moderate volume (1x/week, 80-90% 1-RM)  
Power: moderate volume (2x/week, 60-70% 1-RM)  
Prehab/core: moderate volume (1x/week, 60-70% 1-RM) |