

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.

Phase	Duration	Goals	Exercises	Volume/ Intensity
General Preparation	September-November (12 weeks) <i>and</i> March (4 weeks)	<ul style="list-style-type: none"> • Teach fundamental exercises • Prehab • Develop strength base • Develop explosiveness 	<ul style="list-style-type: none"> • Upper/lower body multi-joint exercises • Olympic-style lifts from the hang • Hamstring, ankle, shin exercises • Core training 	<p>Maximal Strength: low volume (1x/week, 80-90% 1-RM)</p> <p>Power: moderate volume (2x/week, 60-70% 1-RM)</p> <p>Prehab/core: moderate/high volume (2-4x/week, 60-70% 1-RM)</p>
Special Preparation	November-January (8 weeks)	<ul style="list-style-type: none"> • Continue teaching fundamental exercises • Introduce specific exercises • Prehab • Expand strength base • Expand explosiveness 	<ul style="list-style-type: none"> • Same as in General Preparation • Begin integrating single-leg exercises and split-style variations of the Olympic-style lifts 	<p>Strength: moderate volume (2x/week, 80-100% 1-RM)</p> <p>Power: moderate volume (2x/week, 60-70% 1-RM)</p> <p>Prehab/core: moderate volume (2-3x/week, 60-70% 1-RM)</p>
Preseason	January (2-4 weeks)	<ul style="list-style-type: none"> • Teach specific exercises • Maintain prehab • Expand strength • Expand explosiveness 	<ul style="list-style-type: none"> • Single-leg/split variations of exercises • Upper/lower body multi-joint exercises • Olympic-style lifts and variations • Prehab exercises 	<p>Strength: moderate volume (2x/week, 80-100% 1-RM)</p> <p>Power: moderate volume (2x/week, 60-70% 1-RM)</p> <p>Prehab/core: moderate volume (2-3x/week, 60-70% 1-RM)</p>
In-Season	February (4 weeks) and April-June (10 weeks)	<ul style="list-style-type: none"> • Maintain prehab • Expand strength • Expand explosiveness • Peak performance 	<ul style="list-style-type: none"> • Single-leg/split variations of exercises • Upper/lower body multi-joint exercises • Olympic-style lifts and variations • Complex exercises • Prehab exercises 	<p>Strength: moderate volume (1x/week, 80-90% 1-RM)</p> <p>Power: moderate volume (2x/week, 60-70% 1-RM)</p> <p>Prehab/core: moderate volume (1x/week, 60-70% 1-RM)</p>