

# Practical Applications of Training Theory

## Working the Plan

*Considerations for the Integration of all Aspects of Training*

Vern Gambetta

Gambetta Sports Training Systems

*“Start by doing what’s necessary, then do what’s possible, and suddenly you are doing the impossible.” St. Francis of Assisi*

Is classical periodization still a viable a concept? Do we need to evaluate its fundamental validity in light of the rampant drug use in the countries where the concept was refined?

Ultimately periodization is an educated attempt at prediction of future performance based on evaluation of previous competition and training results. It is achieved through planning and organization of training into a cyclic structure to develop all biomotor qualities in a systematic, sequential and progressive manner for optimum development of the individual’s performance capabilities.

Planning is essential to elite sport performance. However the traditional focus has been on the long term plan. It has been my experience that the longer the period of time for the plan the less accurate the plan will be. In order to be more effective I propose that the emphasis in long term planning should be on global themes and training priorities based on competition performance and training data from previous years. **A shift in focus to the detailed planning of the microcycle and the individual training sessions will better meet the needs of the athletes.**

Contemporary Challenges Necessitating Re-Evaluation of the Concept:

The decline of basic physical fitness levels and fundamental movement skills at the developmental level

The demands of the extended competitive schedule

Drug influence/bias in traditional periodization models

Overemphasis on volume loading relating to previous point

Using the improved understanding of human adaptive response to various training stimuli, especially in terms of neural and endocrine/hormonal system response

## Planned Performance Training

Timing, sequence, and interaction of the training stimuli to allow optimum adaptive response in pursuit of specific competitive goals. It is essentially: Why you do, what you do, in relation to when you do it.

## Planning Objectives

Clearly define the training goals. (Measurable and observable)

Identify Key Training Areas (KTA's) relative to current competitive status and state of fitness.

Separate the need to do from the nice to do. Focus! Focus! Focus!

Preparation for optimal performance improvement

Preparation for a definite climax to the season or a peak performance when if it is needed or if it is appropriate

Long term career preparation must always be stressed so that short term goals do not compromise long term development. Training and adaptation is a cumulative process.

Planning will provide constant input on the status of incremental evaluation of progress toward goals.

## Training Mosaic

5S + R = Speed >>>Strength >>>Stamina >>>Suppleness>>> Skill + Recovery

Synergistic relationship between all biomotor qualities therefore **All components** must be trained during **all phases** of the year, but the proportion will change significantly with training age and priorities of the particular training period.

## Factors to Consider when Developing a Plan

Carefully Consider:

Demands of the event

Qualities of the individual athlete

Pattern of Injuries relative to the event

“24 Hour Athlete” Concept

Gender

Time Frame Available to Execute The Plan

Specific goals

Developmental Level

Current state of fitness

Current technical development

Competitive Schedule

Qualifying Format

Championship Format

Recovery/Regeneration

## The Planning Process

The long-term plan is a general guide; It is organized in the traditional manner with phases or blocks with training components divided into Major and Minor emphasis. The following is an example from a developmental level Long Jumper/Hurdler:

### Phase Four – Early Competition

#### Major Emphasis

Speed/ Acceleration  
Strength

Weight Training

Core

Plyo's

Endurance II – Intensive Tempo

Long Jump

Establish Full approach

Take –off Mechanics

Hurdles

Distribution

Stabilize pattern in 300 hurdles

Recovery/Regeneration

#### Minor Emphasis

Strength – Body Weight

Speed - Maximum

Speed Endurance

Endurance I – Extensive Tempo

Competition

Testing

The individual training session is the cornerstone of the entire training plan. The individual training session is where the long-term plan is actually implemented.

A long-term plan is a succession of linked individual training sessions in pursuit of specific objectives.

The training session should occupy the greatest emphasis in planning and execution.

Each session must be carefully evaluated and the following sessions adjusted accordingly.

Contingency Planning is a very important, and a necessary part of the planning process. It is especially important to have contingency plans ready for individual training sessions.

March 26 – March 31

Theme: Transition to Peak Competition Notes: No competition – Last wk with training emphasis

**Monday March 26, 2001**

Hurdle Skill Walking One Step 3 x 5 Walking Three Step 3 x 5 Trail Leg Running 3 x 5  
5 x 5 Hurdles from blocks reduced spacing

3 – 4 x full approach step checks on the track (Two with lift off)

Short Approach Jumps off Box x 6 –8

Plyo's

Hops 5 x 10 each leg

Hurdle Jumps 5 x 5 hurdles

Strength Train

High Pull 3 x 3 Snatch 3 x 3 Jump Squats 3 x 10

**Tuesday March 27, 2001**

Hurdle Skill Walking One Step 3 x 5 Walking Three Step 3 x 5 Trail Leg Running 3 x 5  
300 Hurdles

3 – 4 x 3 Hurdles

Special Endurance

350 – 250 –150 ( 8- 10 Minutes Rest between runs)

Strength Module #3 – Upper Body

Combo I – Curl & Press 3 x 8 Incline Pull-up 5 x 12

Push-up Routine x 10 each position

Medicine Ball Wall Series x 2

**Wednesday March 28, 2001**

Hurdle Skill Walking One Step 3 x 5 Walking Three Step 3 x 5 Trail Leg Running 3 x 5  
8 x 150 at 21 -22 sec with 2 minute recovery

**Thursday March 29, 2001**

Hurdle Skill Walking One Step 5 x 5 Walking Three Step 5 x 5

Hurdles Starts over 2-3 x 3 Hurdles

Long Jump

3 –4 Step Check on the track (Two with lift off)

Plyo's

Hops 5 x 10 each leg

Hurdle Jumps 5 x 5 hurdles

Total Body Throws

Strength Train

High Pull 3 x 3 Snatch 3 x 3 Jump Squats 3 x 10

**Friday March 30, 2001**

Hurdle Skill Walking One Step 5 x 5 Walking Three Step 5 x 5 Trail Leg Running 3 x 5  
300 Hurdles - 3 x 5 Hurdles

Hills 6 x Hills from last pole followed by 2 x 200 at 24 –25 with 6 – 8 minute recovery

Strength Module #3 – Upper Body

Combo I – Curl & Press 3 x 8 Incline Pull-up 5 x 12

Push-up Routine x 10 each position

Medicine Ball Wall Series x 2

**Saturday March 31, 2001**

Good long warm-up

15 x 30 second run (70%) /30 second jog interval

## Planning The Session

Each training session should have a general theme.

This general theme in turn should be supported by objectives for each component in that training session. The components are very specific and measurable.

When planning an individual training session, ask yourself what is the most important priority of that session?

How does that training session fit into the bigger picture?

Context - Context - Context

Carefully consider the time available for training and recovery.

Every component in the workout must be in pursuit of the specific objectives of the workout and follow the general theme for that particular session.

The workout is not an end in itself, it is however a means to an end, therefore it must be put in the context of the whole training plan, so it is important to not let the individual training session get blown out of proportion in a positive or a negative manner. The individual training session is the cornerstone of the entire training plan. Essentially a long-term plan is a succession of linked individual training sessions in pursuit of specific objectives.

Each training session has specific emphasis

Teaching emphasis

In the teaching workout make sure it is correct the first time. Do not be in a hurry; take time to attend to details and individual needs. Allow more time for individual drills and exercises when you are teaching.

Training emphasis

The training emphasis workout is the refining process. This will involve more repetition. It may not take more time, but it does demand constant attention to detail.

Stabilizing (maintenance emphasis)

Once the main competitive season begins or emphasis changes in a training cycle stabilization workouts can be emphasized. The theme here is to maintain what has been done before.

Teaching and training emphasis sessions occupy significantly more time than a stabilization workout.

The key is to design the sessions so that there is a seamless flow from one workout into another, so that even though the focus is on that individual workout it always must be placed in the context of the workout leading into and out of it.

The actual design of the session should carefully consider:

Progression /Sequence

Training time available & time allocation

Integration with skill workouts

Size of the facility or training area relative to the number of athletes training

Equipment available

Coaching personnel available as well as the number of athletes that will participate in the actual training session.

**Monday April 9, 2001**

Long Warm-up

Hurdle Skill

Walking One Step 3 x 5  
Walking Three Step 3 x 5  
Trail Leg Running 3 x 5

Hurdle Acceleration

5 x 5 Hurdles from blocks reduced spacing

Long Jump

3 – 4 x full approach step checks on the track (Two with lift off)  
Short Approach Jumps x 6 –8

Plyo's

Hops 5 x 10 each leg  
Hurdle Jumps 5 x 5 hurdles

Speed Endurance – Hills

6 x hills from third line followed by 6 x Downhill

Strength Train

High Pull 3 x3  
Snatch 3 x 3  
Jump Squats 3 x 10

Cooldown

Extensive static stretching

### Remedial Component

There always should be a remedial injury prevention component in each workout. This is most easily addressed in the warm-up.

### Intra workout Recovery

Self-massage, shaking and stretching as well as intra workout nutrition in the form of hydration is the most basic and practical form of recovery intra workout recovery.

### Team or Group Training

When training a group, carefully plan to meet individual needs in a group context. Classical periodization and training theory have not done a good job of addressing this. Everyone will not progress and learn at the same rate.

### Multiple Workouts

Allows the workout to be even more focused and shorter in duration. Multiple sessions are a necessity for the elite athlete. This is not an option as the athlete increases in training age, it is a necessity! Carefully consider the Ratio of # of workouts:hours trained

## Training Effects

The physiological, biomechanical, or psychological changes that occur when training is:

Immediate

Residual

Cumulative (Delayed Training Effect)

Remember no one workout can make an athlete, but one workout can break an athlete, therefore the focus should be on the cumulative training effect. Therefore it is imperative to carefully plan the sequence of training sessions from day to day and within the day, as well as to project the potential effect of training on subsequent days. With this in mind always be aware of the residual and cumulative training effects. The ultimate goal is the cumulative training effect, which is what occurs in the long term. Where does the workout fit within the Microcycle plan? The workout is only one component of the big picture.

## Stimulus Threshold

The optimum training load/dosage necessary to elicit an adaptive response. This varies from individual to individual as well as from the type of training stress.



## Complimentary Training Units

Careful consideration of the complimentary nature of training units is necessary to achieve positive training adaptations both intra and inter workouts. Complementary training units are components that work together to enhance each other. The traditional approach has been to only consider this intra workout, but it also important to consider the inter-workout effect, both between sessions in a day and between days. Examples of complimentary training units:

Speed & Strength

Strength & Elastic Strength

Endurance & Strength Endurance

Skill, Speed & Elastic Strength

Ultimately the units have more than a complementary relationship they should enhance each other and mesh with the ultimate effect being **SYNERGISTIC!** The simplest means to address the complementary nature of training is to utilize the modular training approach.

## Training Modules

The basis of planning the individual training session is the modular training concept. The goal is to facilitate planning and implementation of workouts as well as address the need for complementary training components both intra and inter workout.

The training module consists of specific combinations and sequences of exercises that are designed to be very specific and compatible. The exercises are carefully selected to sequence and flow from one exercise to the next within the module. Each module is designed to focus on one particular component that should fit with the other modules in that training session. The volume and intensity for the exercises within each module is specifically determined for each session based on analysis of the previous session. A training session is a collection of modules.

## Examples of Training Modules for a developmental level Jumper/Hurdler

### **Multi Jumps (MJ)**

#### MJ Module #1

Standing Long Jump  
Standing Triple Jump  
Five Bounds + Jump  
Five Hops + Jump

#### MJ Module #2

Ankle Bounces  
Hurdle Jumps  
Ten Hops  
Ten Bounds

### **Multi Throws (MT)**

#### MT Module #1 - Medicine Ball Wall Throws

Overhead Throw x 20  
Soccer Throw x 20  
Chest Pass x 20  
Standing Side to Side x 10 Each Side (Cross in front)  
Standing Cross in Front x 10 Each Side  
Around the Back x 10 Each Side

#### MT Module #1- Medicine Ball Power Throws

Single Leg Squat & Throw x 6 ach leg  
Single Leg Squat & Scoop Throw x 6 ach leg  
Squat & Throw x 10  
Over The back Throw x 6  
Forward Through The legs x 6

### **Strength Training (Str)**

#### Str Module #1

DB High Pull 4 x 4  
DB Snatch 2 x 4  
Push Press 4 x 4  
High Step-up 4 x 10

#### Str Module #2

DB Snatch 4 x 4  
DB High Pull 2 x 4  
Push Press 4 x 4  
Lunge – Walking 4 x 10 each leg

#### Str Module #3

Combo I – Curl & Press 3 x 8  
Incline Pull-up  
Pronated 3 x 12  
Supinated 2 x 12  
Push-up Routine x 10 each position  
Rotation  
Stagger  
Oblique  
Pyramid  
Regular

#### Str Module #4

DB Bench Press 4 x 4  
Push-up – Incline  
    Pronated 3 x 12  
    Supinated 2 x 12  
DB Rows 4 x 4

Str Module #5

Push-up – Incline  
    Pronated 3 x 12  
    Supinated 2 x 12  
Stretch Cord  
    Reverse Fly's x 10  
    Nordic Row 10  
    Fly's x 10  
    Punching x 20

Str Module #6

Dumbbell Complex I  
    High Pull x 6  
    Alternate Press x 6 each arm  
    Upright Row x 6  
    Squat to Press x 6  
    One Arm Row x 6 each arm

Str Module #7

Dumbbell Complex II  
    Snatch (Alternate) x 6 each arm  
    Upright Row x 6  
    Squat x 6  
    One Arm Row x 6 each arm

Str Module #8

Leg Circuit  
    Body Weight Squat      20 Reps  
    Lunge                    20 (10 Reps Each Leg)  
    Step Up                 20 (10 Reps Each Leg)  
    Jump Squat             20 Reps

Core Strength

Basic Rotations

Walking Wide Twist x 20  
Walking Tight Twist x 20  
Walking Over The Top x 20  
Walking Figure Eight x 20  
Standing Big Circle x 20 each direction

## Hurdle Skill (Hur Skill)

### Hur Skill I – 3 Step

1 x 3  
4 x 6  
1 x 3

### Hur Skill II – 5 Step

5 x 5

### Hur Skill III – Broken Rhythm

1- 2- 3---- 5- 6- 7 x 2  
1- 1- 2---- 4- 5- 6 x 2

### Hur Skill IV – Turnarounds

## Speed Acceleration (Sp Ac)

### Sp Ac I

Balance Start  
Rollover Start  
Three Point Start  
Block Starts

### Sp Ac II – Resistance

Rollover starts with Harness  
Sled Pull

## Strength Endurance (Str End)

### Str End I

A<sub>2</sub> x 50 meters x 3  
A<sub>3</sub> x 50 meters x 3  
C<sub>1</sub> x 50 meters x 3

-

## Speed Endurance (Sp End)

### Sp End I

3-4 sets of 4 x 50 meter on 60 second cycle

2 –3 minutes between sets

1 x Fast 100 yards

### Sp End II

3-4 sets of 5 x 30 meters with 30 second recovery

2 –3 minutes between sets

1 x Fast 100 meters

### Sp End III

1 x 300 meters

10 –12 minutes recovery

1 x 200 meters

### Sp End IV

8 x Short Hills

45 second all out run

### Sp End V

6 x Long Hills (Last Pole)

## Intensive Tempo Endurance (ITE)

6 x 300 meters

2 minute recovery

8 x 200 meters

2 minute recovery

8 x 150 meters

One minute recovery

## Monitoring Training

Evaluation is a constant ongoing process that should be part of each training session. Training equals testing and testing equals training. This approach will provide constant feedback. We must shift our emphasis from planning to monitoring training and then adjust the training accordingly.

### Subjective

Training Demand Rating Scale (1 –10)

Projected

Actual

Ratio of Number of Training Session to Hours Trained

Video – Qualitative

### Objective

Jump Test(s)

Throw test(s)

Blood & Urine Analysis

Heart Rate

Video - Quantitative

### Competition Evaluation

Never lose sight of the fact that the ultimate test is the competition itself. Carefully analyze each of the competition results relative to the plan.

## Training Session Examples

### Training Session – Focused

Everything is subservient to the component that is the focus of the workout; in this example the focus is on speed development

Warm-up

Power Development

*This must be low volume, high intensity work that will enhance the speed development component; it will usually consist of Multi-jumps or multi-throws to excite the nervous system*

SPEED DEVELOPMENT

Cooldown

### Training Session – Complex

A typical model when using one training session in a day is the complex training session. It is called complex because it addresses multiple components within a training session.

Warm-up

Technical and/or Tactical Work

Conditioning – Metabolic

Strength Training

Cooldown

## Suggested Readings

Bondarchuk, Anatoly. (1986) **Track and Field Training**. Kiev: Zdotovye. Translated by James Riordan.

Bompa, Tudor O. (1985) **Theory and Methodology of Training--The Key to Athletic Performance**, Dubuque: Kendall/Hunt Publishing Company.

Doherty, Ken. **Track And field Omnibook**, Fourth Edition, Los Altos, California: Tafnews Press, 1985

Elliot, Bruce (Editor) **Training In Sport – Applying Sport Science**. John Wiley & Sons. West Sussex, England. 1998

Gambetta, V. **Building the Complete Athlete**, Course Manual, Sarasota, Florida: Optimum Sports Training, 1996

Harre, Dietrich, Dr. ed. (1982) **Principles of Sports Training Introduction to The Theory and Methods of Training** Berlin: Sportverlag.

Kurz, Thomas., **Science of Sports Training, Second Edition**. Island Pont, Vt: Stadion Publishing Company, 2001

Olbrecht, Jan. **The Science of Winning – Planning, Periodizing and Optimizing Swim Training**. Swim Shop, Luton, England. 2000

Rushall, Brent S., and Pyke, Frank S., **Training for Sports and Fitness**. South Melbourne: Macmillan Education Australia PTY LTD, 1990

Schmolinsky, Gerhardt, Chief Editor. **Track and Field - Text Book for Coaches and Sports Teachers**. Berlin: Sportverlag, 1978.

Starzynski, Tadeuz and Sozanski, Henryk. **Explosive Power and Jumping Ability for all Sports**. Island Pont, Vt: Stadion Publishing Company, 1999

Viru, Atko. **Adaptation in Sports Training**, Boca Raton: CRC Press, 1995

**Gambetta Sports Training Systems**  
**PO Box 50143**  
**Sarasota, Florida 34232**  
**Phone: 941-378-1778 Fax: 941-379-6310**  
**E-mail: [Vgambetta@aol.com](mailto:Vgambetta@aol.com) Web Page: [www.gambetta.com](http://www.gambetta.com)**

---



# Practical Workshop

## Multi – Dimensional Training

Vern Gambetta

Gambetta Sports Training Systems

### Athleticism

The ability to execute athletic movements at optimum speed with precision, style, and grace. Athleticism can be developed through a systematic approach to development of the components of athleticism. It is imperative to look for every opportunity to incorporate elements of athleticism in all aspects of training.

### Athleticism Components

#### **Balance**

Balance is a very important component of athletic ability because it underlies all movement. Balance is closely related to coordination and agility because they are dependent on a well-developed sense of balance.

#### The Concept

Balance is dynamic because movement is dynamic.

#### Definition

Balance is control of one's center of gravity, control of body angles and unstable equilibrium. Movement is a state of dynamic equilibrium consisting of a constant interplay of imbalance and balance with the body constantly trying to regain balance to perform efficient movement. Essentially balance is the body losing and regaining control of its center of gravity.

#### Maintaining Balance

Maintaining this state of dynamic equilibrium requires total systemic involvement with feedback from the ocular, vestibular, kinesthetic and auditory senses. Our goal must be to develop balance in motion. To do this we must train and test balance in motion not in stillness. To train balance it must be trained as a component of fundamental movement skill.

#### Training Balance

Balance is improved through exposure to a variety of different sensory conditions in a safe controlled environment. Incorporate balance in normal training activities primarily by increasing proprioceptive demand. Balance must be developed in a progressive manner.

The volume of balance work should be low, but should be incorporated into the daily workout routine. For balance work to be most effective it demands the highest degree of intensity. The most efficient and beneficial place to train balance is as a part of the warm-up. Also can be placed between drills during practice. It definitely should be should be incorporated as a daily activity.

## **Coordination**

The precision and economy of movement with body parts working together in a smooth sequential manner.

Fundamental Movements

Locomotor Skills

Stability Skills

Manipulative Skills

Movement Awareness

Body Awareness

Spatial Awareness

Rhythmic Awareness

Directional Awareness

Vestibular Awareness

Visual Awareness

Temporal Awareness

Auditory Awareness

Tactile Awareness

**Agility**

The ability to react to the proper stimulus, start quickly and move in the correct direction, change direction if necessary and stop quickly.

**Goals of Agility Training for Track & Field**

Improve quickness

Improve speed of movement, speed of thought and decision making ability

Improve body control - Control of C of G (Hip over the feet)

Prevent injury through proper movement mechanics.

**Agility Components as they relate Athletics**

Change of Direction

Body Awareness/Balance

## Core Strength & Stability

Philosophy - All training is core training

Principle - Core before extremity strength

What is the Core?

“Beyond six pack abs” – Appearance can be deceiving

Lumbo Pelvic Hip complex – Muscular Corset  
Hips, Abdomen, Back, & Neck

Function of the Core

All movement is controlled by the center

“Serape Effect” - Hip to Shoulder Relationship

What is the role of the core movement?

Balance

Stabilization

Positioning

The Torso

The limbs in relation to the core

Core Exercise Classification

Stabilization

Flexion/Extension

Rotation

Throwing/Catching

## Improving Running Mechanics

### Goals:

Optimize Ground Reaction Forces (GRF)  
“Where the rubber meet the road”

Optimal Efficiency

Biomechanical

Physiological

### Basic Technical Model

Start with sound sprint mechanics and extend out to longer distances and field events.

### Philosophy

Ultimately the winner is the person who can maintain the greatest percentage of their maximum the longest.

Speed is a motor task!

Like any motor task it is teachable and trainable.

### PAL System™

Teach

Analyze

Train

Rehab

## **P**osture

Alignment of the body

## **A**rm Action

Direction

Amplitude

## **L**eg Action

Shin Angle

C of G to Ground Contact

## Fault/Reason/Correction Paradigm

Global Considerations

Specific Considerations

## Drills

Why drill?

What drills?

When to do the drills?

How to do the drills?

## PAL SYSTEM™ - TEACHING PROGRESSION

### POSTURE

To teach that **body lean comes from the ankle** in order to have a line of force. - **Triple Extension**- any deviation from this posture i.e.; bending at the waist, dropping or picking up the head will negatively affect the application of force against the ground.

Hips Tall

Relaxed shoulders. Head neutral. Tight stomach. Tight butt.

Hips Tall - Fall and Walk Out.

Alignment ankle/knee/hip/back/head with the back. -TRIPLE EXTENSION - Opposite arm opposite leg. Make it is a fall not a lunge step.

Hips Tall - Fall and Catch Partner.

Use this only the first two weeks to gain confidence in falling. Get them out as far as possible.

Hips Tall - Fall and Jog Out.

Lean / Fall / Run

Put it all together into a smooth pattern of acceleration.

### ARM ACTION

Giant Swing - Big to Little

*Blocking Action - (Use only on the first day to illustrate the contribution of the arms in applying force.)*

Seated Arm Action

With a partner holding the feet. Hammer action down and back. See a hand in front of the face.

Standing Arm Action - Exchange Drill

Emphasize driving arm down and back.

Lean / Fall / Run

Focus on application of correct arm action.

## LEG ACTION

Push - Push Drill

Heavy resistance to force triple extension

Contrast Drill

Heavy resistance to no resistance to feel the pattern of acceleration

Drop And Go

To work on first-step - low and fast.

Knee Hugs

Knee Hug and Go

Lean / Fall / Run

Low Start

Rollover start

Create positive shin angle. Drive out, not up!!! Keep the head down and drive the arms.

***TRIPLE EXTENSION - ANKLE/KNEE/HIP***

## **Drills To Enhance Sprint Mechanics**

Use drills to for a specific purpose. What drill is appropriate to solve a particular problem or improve a particular component of sprinting? Know the coaching points and cues for each of the drills. Know how often should to do the drills. Know how many repetitions of each drill are appropriate. Know what drills are most important. Know the optimal time to do the drills. Stress correct execution without making them robotic.

Basic Rule – Resistance before assistance

Mach Drills

Postural position and awareness

Warm-up

Specific Strength



## A – Knee Lift

A<sub>1</sub> = Marching

A<sub>2</sub> = Skipping

A<sub>3</sub> = Running

## B – Foreleg Action

B<sub>1</sub> = Marching

B<sub>2</sub> = Skipping

B<sub>3</sub> = Running

## C – Backside Drive/Extension

## The Drills

### Posture Drills

Hips Tall

Hips Tall - Fall and Catch Partner

Drop & Go

Lean / Fall / Run

### Arm Action Drills

Big to Little

Seated Arm Action

Exchange Drill

## Leg Action Drills

Push/Push

Contrast

Knee Hug

Knee Hug & Go

## Starting/Acceleration Drills

Rollover Start

Go Ladder Drills

Push-up Start

Scramble Out

Jump & Go

Hop & Go

Four Bounds into a Sprint

Scramble Out

## Resistance Drills

Harness

Sled Pull

Hills

Sand

## Assistance Drills

Towing

Tubing/Stretch Cord

Pulley

Downhill

## Contrast Drills

Uphill to Level

Downhill to Level

Sand to Grass or Track

Harness Release

## Suggested Readings

Dominguez, Richard H. M.D., and Gajda, Robert S. **Total Body Training**. New York, N.Y: Warner Books, 1982.

Gambetta, Vern., and Odgers, Steve., **The Complete Guide To Medicine Ball Training**, Sarasota, Florida: Optimum Sports Training, 1991.

Gambetta, V. **Building the Complete Athlete**, Course Manual, Sarasota, Florida: Optimum Sports Training, 1996

Gustavsen R, Streeck R: **Training Therapy; Prophylaxis and Rehabilitation**. New York: Thieme Medical Publishers 1993

Hannaford, Carla. **Smart Moves – Why Learning Is Not All In Your Head**. Great Ocean Publishers. Arlington, Virginia 1995

Lee, Bruce. **Tao Of Jeet Kune Do**, Santa Clarita, California: Ohara Publications, Incorporated. 1975

Schlich, Manfred. **Circuit Training**, Berlin: Sportverlag 1986.

Todd, Mabel E. **The Thinking Body**. Princeton Book Company Publishers. Highston, NJ. 1937

## Gambetta Sports Training Systems

PO Box 50143

Sarasota, Florida 34232

Phone: 941-378-1778 Fax: 941-379-6310

E-mail: [Vgambetta@aol.com](mailto:Vgambetta@aol.com) Web Page: [www.gambetta.com](http://www.gambetta.com)

February 19 - 24

Goal: Rehab leg (No jumping or hurdling until March 5)

**Monday February 19, 2001**

Rehab Routine of backward running and angle bounces  
4 x 20 meter rollover starts  
4 – 6 x full approach step checks on the track  
5 x 40 meter  
5 x 80 meter  
Special Endurance  
150 – 250 -150  
Strength Train  
High Pull 3 x 3  
Snatch 3 x 3  
Jump Squats 3 x 10

**Tuesday February 20, 2001**

Rehab Routine of backward running and angle bounces  
Hurdle Skill  
Walking One Step 5 x 5                      Walking Three Step 5 x 5  
Speed Endurance  
6 x 150m 3 – 5 min recovery  
Total Body Throws  
Leg Circuit x 3

**Wednesday February 21, 2001**

Rehab Routine of backward running and angle bounces  
Hurdle Skill  
Walking One Step 5 x 5                      Walking Three Step 5 x 5  
10 x 100 at 15 sec with 90 second recovery  
Strength Module #3 – Upper Body  
Combo 1 – Curl & Press 3 x 8  
Incline Pull-up 5 x 12  
Push-up Routine x 10 each position  
Stretch Cord Routine x 2  
Medicine Ball Wall Series x 2

**Thursday February 22, 2001**

Hurdle Skill  
Walking One Step 5 x 5                      Walking Three Step 5 x 5  
Long Jump  
Step Check on the track  
Short Speed endurance  
2 sets of (5 x 50 meters) 60 sec recovery between sprints. 3 minute between sets  
2 x 200 meters with 2 minute recovery  
Strength Module #2– Total Body  
Snatch 4 x 4  
High Pull 2 x 4

**Friday February 23, 2001**

Warm-up  
Relay Passes

**Saturday February 24, 2001**

Meet at Lakewood Ranch

February 26 – March 3

Goal: Rehab leg (No jumping or hurdling until March 5)

**Monday February 26, 2001**

Rehab Routine of backward running and angle bounces  
4 x 20 meter rollover starts  
3 – 4 x full approach step checks on the track (Two with lift off)  
3 x 40 meter  
2 x 80 meter  
Special Endurance  
150 – 250 -150  
Strength Train  
High Pull 3 x 3  
Snatch 3 x 3  
Jump Squats 3 x 10

**Tuesday February 27, 2001**

Rehab Routine of backward running and angle bounces  
Hurdle Skill  
Walking One Step 5 x 5                      Walking Three Step 5 x 5  
Speed Endurance  
6 x 150m 3 – 5 min recovery at 18 –19 seconds (On grass)  
Total Body Throws  
Strength Module #3 – Upper Body  
Combo I – Curl & Press 3 x 8  
Incline Pull-up 5 x 12  
Push-up Routine x 10 each position  
Medicine Ball Wall Series x 2

**Wednesday February 28, 2001**

Rehab Routine of backward running and angle bounces  
Hurdle Skill  
Walking One Step 5 x 5                      Walking Three Step 5 x 5  
10 x 100 at 15 sec with 90 second recovery

**Thursday March 1, 2001**

Hurdle Skill  
Walking One Step 5 x 5                      Walking Three Step 5 x 5  
Long Jump  
3 –4 Step Check on the track (Two with lift off)  
Strength Module #2– Total Body  
Snatch 4 x 4  
High Pull 2 x 4

**Friday March 2, 2001**

Bruin Invitational

**Saturday March 2, 2001**

Long Warm-up  
15 x 30 sec run/ 30 sec jog  
Strength Module #3 – Upper Body – See Tuesday Workout

March 5 – March 10

Goal: Start High Hurdles again

**Monday March 5, 2001**

Hurdle Skill

Walking One Step 3 x 5                      Walking Three Step 3 x 5                      Trail Leg Running 3 x 5

5 x 5 Hurdles from blocks reduced spacing

3 – 4 x full approach step checks on the track (Two with lift off)

Short Approach Jumps off Box x 6 -8

Strength Train

High Pull 3 x3

Snatch 3 x 3

Jump Squats 3 x 10

**Tuesday March 6, 2001**

Hurdle Skill

Walking One Step 3 x 5                      Walking Three Step 3 x 5                      Trail Leg Running 3 x 5

300 Hurdles

3 – 4 x 3 Hurdles

Special Endurance

350 – 250 –150 8- 10 Minutes Rest between runs

Strength Module #3 – Upper Body

Combo I – Curl & Press 3 x 8

Incline Pull-up 5 x 12

Push-up Routine x 10 each position

Medicine Ball Wall Series x 2

**Wednesday March 7, 2001**

Hurdle Skill

Walking One Step 3 x 5                      Walking Three Step 3 x 5                      Trail Leg Running 3 x 5

8 x 150 at 21 -22 sec with 2 minute recovery

**Thursday March 8, 2001**

Hurdle Skill

Walking One Step 5 x 5                      Walking Three Step 5 x 5

Hurdles Starts over 2-3 x 3 Hurdles

Long Jump

3 –4 Step Check on the track (Two with lift off)

Total Body Throws

Strength Train

High Pull 3 x3

Snatch 3 x 3

Jump Squats 3 x 10

**Friday March 9, 2001**

Hurdle Skill

Walking One Step 5 x 5                      Walking Three Step 5 x 5                      Trail Leg Running 3 x 5

300 Hurdles - 3 x 5 Hurdles

Hills 6 x Hills from last pole followed by 2 x 200 at 26 -27

Strength Module #3 – Upper Body

Combo I – Curl & Press 3 x 8

Incline Pull-up 5 x 12

Push-up Routine x 10 each position

Medicine Ball Wall Series x 2

April 2 – April 6

**Monday April 2, 2001**

Hurdle Skill Walking One Step 3 x 5 Walking Three Step 3 x 5 Trail Leg Running 3 x 5  
5 x 5 Hurdles from blocks reduced spacing  
3 – 4 x full approach step checks on the track (Two with lift off)  
Short Approach Jumps x 6 –8  
Plyo's  
Hops 5 x 10 each leg  
Hurdle Jumps 5 x 5 hurdles  
Speed Endurance – Hills  
3 x hills from third Pole 30 sends fast – Repeat three times  
Strength Train  
High Pull 3 x3  
Snatch 3 x 3  
Jump Squats 3 x 10

**Tuesday April 3, 2001**

Hurdle Skill Walking One Step 3 x 5 Walking Three Step 3 x 5 Trail Leg Running 3 x 5  
300 Hurdles  
3 – 4 x 3 Hurdles  
Special Endurance  
2 x 250 –150 (8- 10 Minutes Rest between runs)  
Strength Module #3 – Upper Body  
Combo I – Curl & Press 3 x 8  
Incline Pull-up 5 x 12  
Push-up Routine x 10 each position  
Medicine Ball Wall Series x 2

**Wednesday April 4, 2001**

Hurdle Skill Walking One Step 3 x 5 Walking Three Step 3 x 5 Trail Leg Running 3 x 5  
Plyo's  
Hops 5 x 10 each leg  
Hurdle Jumps 5 x 5 hurdles 6 x short Hills  
3 x 150 meters fast with five minutes recovery

**Thursday April 5, 2001**

Hurdle Skill Walking One Step 5 x 5 Walking Three Step 5 x 5  
Hurdles Starts over 2 x 3 Hurdles  
Long Jump  
3 –4 Step Check on the track (Two with lift off)  
Total Body Throws

**Friday April 6, 2001**

**Booker Invitational**

April 9 – April 13

**Monday April 9, 2001**

Hurdle Skill Walking One Step 3 x 5 Walking Three Step 3 x 5  
5 x 5 Hurdles from blocks reduced spacing

3 – 4 x full approach step checks on the track (Two with lift off)

Short Approach Jumps x 6 –8

Plyo's

Hops 5 x 10 each leg

Hurdle Jumps 5 x 5 hurdles

Speed Endurance – Hills

6 x hills from third followed by 6 x Downhill

Strength Train

High Pull 3 x3

Snatch 3 x 3

Jump Squats 3 x 10

Trail Leg Running 3 x 5

**Tuesday April 10, 2001**

Hurdle Skill Walking One Step 3 x 5 Walking Three Step 3 x 5  
300 Hurdles

3 – 4 x 3 Hurdles

Special Endurance

3 x 150 meters **Fast!** (8Minutes Rest between runs)

Special 300 Hurdle Work on Grass 6 x 100 with two hurdles

Strength Module #3 – Upper Body

Combo I – Curl & Press 3 x 8

Incline Pull-up 5 x 12

Push-up Routine x 10 each position

Medicine Ball Wall Series x 2

Trail Leg Running 3 x 5

**Wednesday April 11, 2001**

Hurdle Skill Walking One Step 3 x 5 Walking Three Step 3 x 5  
Hurdles Starts over 2 x 3 Hurdles

Long Jump

3 –4 Step Check on the track (Two with lift off)

Trail Leg Running 3 x 5

Thursday April 12, 2001

**County Meet**

**Friday April 13, 2001**

15 x 30/30



