

BRITTNEY REESE

YEAR	INDOOR	OUTDOOR
2011	6.86A 2 meets	7.19 11 meets (6.98-Apr; 7.19-June; 6.82 Aug)
2010	6.89A (6.70) 4 meets	7.08w (6.94) 7 meets (6.93-Apr/7.08/6.94 June/July/6.95w Aug)
2009	6.71 - 3meets	7.10 13 meets (6.99-May; 7.10/7.08 Sept/Aug)
2008	6.87 - 5 meets	6.95 13 meets 7.29 – 60 (6.93 Apr; 6.95 July; 6.87 Aug)
2007	6.64 – 4 meets	6.83 10 meets (6.63 in Apr; 6.71 June; 6.83 Aug)
2006 and 2005	---played Juco basketball	
2004	no indoor	6.30

Ave. 10 best legal jumps is now 7.011. She won the 2008 US Olympic Trials @ 6.95. In 2009 she had 3 legal 7 meter jumps (7.06, 7.08, and 7.10). She also had a windy 7.09. Her WC winning jump was the longest since 1993! 2010 she added the Indoor WC to her resume and went 7.08 to take USA outdoor title although it was wind-aided. 2011 saw a new PR of 7.19 to win US title and she also won the WC's again, a feat that is not easy.

Our plan for Brittney

Year one: runway consistency and “how” to run it

Concept of last 3 steps

Generally learn the event

Learn to lift correctly

Year two: speed on the runway

Better transition from run to takeoff

Overall speed—sprint

Normal weight room

Year three: increase length of runway to create more speed (125’ 6’)

Train and compete in 100—(we were unable to do this like we wanted due to slight injuries that cropped up)

“perfect” the transition from run to takeoff

improve landing without “worrying” about it

Have our best weight room year

Year four: Similar to year 3—

Once gain we wanted to sprint more than we were able to due to slight injuries.

Weight room continues to be an important area to be able to handle the increase speed, etc.

Improve landing---again without “worrying” about it

A little improvement in each area could give us the distance to go over 24'

Year five: Emphasize improving each area a little bit. Nothing really new, but “do” our lifting, our sprinting, and our jumping workouts at a higher level. Stay healthy, which we were able to do.

Improve landing without interfering with the takeoff

Sprint more—she improved her indoor 60 time and had a 11.20 slightly wind-aided 100

Improve runway consistency, which continued to be a slight problem for her, and is something we will continue to work on

Year six: Our goals are again to sprint more in competition if it is available and we are healthy, to lift at a higher level, to get more consistent on runway without losing our aggression, to improve landing, and to improve our drive onto the takeoff leg, which is something she already does extremely well.

We divide the year into what is approximately 5 x 10 week sections.

#1—Weights and general running fitness; #2 increase speed endurance running and continue with weights as an emphasis; #3 Indoor adjustment; #4 back to speed endurance and pure speed emphasis; #5 competitive outdoor season. We do not have a huge change from one section to the next, but transition in each around week 8 into the other emphasis. We include speed some during all phases but vary the emphasis—same with strength and conditioning. Our concept is to gradually move to new fitness levels in each area throughout the year. We lift 3 days per week in the week for first half of the year and twice a week from then on. Some of our workouts are event specific and directly relate to being ready to jump well, but others, that are of equal importance to the total concept, are done to teach our body to recover and allows us to last through a long year with competitions that range from January through August and early September. The base running and lifting do this for us and Reese has shown she can put up world class marks indoor, early April, June, and August because of the way we train.

Key words and concepts involved in our plan:

*Our best in each area must continually be getting better.

Daily, weekly, monthly, yearly.

* take care of the “little things”.

*Consistency in training, attitude, sleep, workouts, etc. Balance priorities in track and life.

*excitement for opportunity to excel, rather than the fear of a particular result.

*Be “YOU”. Forget outside opinions. Trust is essential.

*Aggressive patience. Must understand that the body and neuro-muscular system must ADAPT, before you ADD something new.

*What was great today will be common later. 2007—6.60 was great and in 2011—6.60 was not good.

*Use early meets as glorified technique practice. Difference in the short approach synchronicity and the full approach synchronicity. Technique doesn't just happen, it evolves. Evolution of perfection.

*Our evaluation (coach and athlete) is “at the pit” on meet day.

* “money” comes from the runway and the takeoff!!