

Training Multiple Events at One Time

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Background

- My background
 - As an athlete
 - 1.5 coaches...100+ athletes..2 hours
 - Coaching
 - SCSU- Indoor track..2 hours, multiple groups
 - GSU- High school track..multiple, multiple groups, non-ideal practice times
 - BSU- Indoor track..2 hours, multiple groups
 - Miami- 5-8 athletes, multiple time..BORED
 - LSU- Indoor and outdoor track, multiple groups.

Challenges

- The uniqueness, greatness and challenge of track and field
 - Facilities
 - Events
 - Weather
 - Athletes
 - Coaches
 - Time Available (athlete and coach)

Challenges

- Meeting athletes' needs:
 - Attention
 - Physical progression
- Coach's goals and needs:
 - Sanity
 - Effective communication
 - Communication with everyone
 - Doing it well

Challenges

- How do we effectively coach multiple athletes and events at the same time?



Physical Training Planning

- Commonalities
 - Find commonalities of groups, across groups
 - Sample commonalities
 - Train group commonalities on same day
- Progressions
 - General to specific
- Periodize
 - Stimulus, adaptation, cycles
 - 28 days
 - Similar

Organizational

- Organizational for effective practices

Organizational

- Menu of activities
 - Laminate, keep in notebook

Jog Mobility	Dynamic Flexibility Routines	Multijump Circuits
Diagonals		Moffitt
Backwd Skip (Heel to butt)	Δ	Standing Long Jump
Weave Run	Trunk Twists	3 Double Leg Bounds
Fwd Skip w. arm circles	Knee Circles (CW-CCW)	Standing Triple Jump
Side Shuffle (R)	Hip Circles (CW-CCW)	Double-Double
Side Shuffle (L)	Supine Leg Swings	
Crossover front (R)	Single Knee Tucks	
Crossover front (L)	Eagles (F/R)	
Skip Lunge	Inchworms	
Build Up Run * 50m	Spiderman Walks	
Fwd/Back/Lateral Skip * 50m	Fence Series	
* 3	..Leg Swings (F/B/S)	
	..Hip Flexors/Trail Leg/Buttkick	

Organizational

- Copy of daily session/units
 - Everyone has and/or posted
- Keep it Simple Stupid (KISS)
 - Similar routines/structure
- Coach preparation
 - Organize and set up practice equipment early
 - Athlete ownership

Organizational

- Communication
 - Effective communication of session/unit
 - “Never give an order than can be understood, always give orders that cannot be misunderstood”
 - General Douglas MacArthur
 - Feedback
 - Away from track
 - With each group

Organizational

- Stagger work
 - Within micro, within session
 - Able to work specifically with each group
 - Put in time with each group
 - More technical events demand more time, safety

Organizational

- Develop and identify leaders
 - Empower
- Use “buffer” units to time up group work in sessions
- Get started correctly, check back in
- Use rest intervals to work with others

Organizational

- Coach goal each day
 - What events need to be accomplished
- Video review
 - Switch groups

Teach Early

- Teach correctly and effectively peripheral routines of session training
 - Warm ups
 - Dynamic flex, hurdle mobility, sprint postural
 - Calisthenics
 - Circuits
 - Cool downs

Utilize facility set up

- Group coaching of training by proximity
 - Example
 - Shot put and high jump apron located adjacent.
 - Long jump and hurdles located adjacent
 - Make it adjacent. Tape down hurdle marks if need be.

Training Guidelines

- Know the basics of training principles
 - Session Ordering
 - 1) Skill
 - 2) Speed
 - 3) Strength
 - 4) Stamina
- Break the rules, but small breaks

Training Guidelines

- Sacrifice better watched/done general, for poorly executed specific work
 - Do a few things very well, rather than a lot of things not well

Competitions

- Educate on check in
- Breed independence
- Set up warm up times and protocol
- Focus on few events each meet

Jumpers, Sprints, Hurdles Sample

- Commonalities
 - Acceleration
 - Elastic demands
 - Maximum velocity
 - Power demands

Jumpers, Sprints, Hurdles Monday

- All events together
 - Acceleration- 4 x 20m, 3 x 30m, 2 x 40m
 - 4 x 2H, 3 x 3H, 2 x 4H
 - Multiple Jump Circuit- x 15" (30")
 - Strength training

Jumpers, Sprints, Hurdles Tuesday

- All jumpers-3:00
 - Short warm up
 - Jump Tech
 - Skip height, skip distance, run-run-jump, hurdle jumps
 - HJ- Circle Runs
 - Others- hurdle mobility
 - Tempo runs
 - 3 x 200 @ 70% (3'), 3 x 150 @ 75% (2')
 - Cool Down
 - Hurdle Mobility
- All sprint/hurdles-3:10
 - Long warm up
 - Hurdle mobility
 - Tempo Runs
 - Short sprints/hurdles-
 - 3 x 200 @ 70% (3'), 3 x 150 @ 75% (2')
 - Long sprints-
 - 4 x 300 @ 70% (3'), 2 x 200 @ 75% (2')
 - Cool Down
 - Static Flex

Jumpers, Sprints, Hurdles Wednesday

- Jumpers- 3:00
 - Warm Up
 - General Strength Circuits
 - (PV- stiff pole drills)
 - Cool Down
- All sprint/hurdles- 3:00
 - Warm Up
 - General Strength Circuits
 - Cool Down

Jumpers, Sprints, Hurdles Thursday

- Jumpers-3:00
 - Warm Up
 - 6-8 x Runways and Pole runs
 - LJ/TJ and PV go next to each other
 - Bounding
 - Strength training
- All sprint/hurdles-3:00
 - Warm Up
 - 5 x 30m "fly" in run
 - Hurdles- 5 x 5h
 - Bounding
 - Strength training

Set up to do all runs in proximity of each other

Jumpers, Sprints, Hurdles Friday

- PV & LJ/TJ-3:00
 - Warm Up
 - LJ/TJ
 - 4 step pop ups
 - General Strength Circuit
 - HJ-3:15
 - Warm Up
 - 6 step jumps
 - General Strength Circuit
 - All sprint/hurdles-3:00
 - Warm Up
 - 350-250-200 (6')
 - General Strength Circuit
- Coach times all intervals

Questions and Discussion