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)

• 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

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<th>Dynamic Stability Exercises</th>
<th>Multijump Exercises</th>
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<td>1940 BB (10x4000)</td>
<td>Standing Long Jump</td>
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<td>Knee Circles (CW-CCW)</td>
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<td>Hip Circles (CW-CCW)</td>
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<td>..Hip Flexors/Trail Leg/Buttkick</td>
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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 300 @ 70% (3'), 3 x 150 @ 75% (2')
    - Long sprints:
      - 4 x 300 @ 70% (3'), 2 x 200 @ 75% (2')
  - Cool Down
    - Static Flex

**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

**Thursday**
- Jumpers-3:00
  - Warm Up
  - 6-8 x Runways and Pole runs
    - Li/TJ and PV go next to each other
  - Bounding
  - Strength training

- All sprint/hurdles-3:00
  - Warm Up
  - 5 x 30m "fly" in run
  - Hurdlers- 5 x 5h
  - Bounding
  - Strength training

  Set up to do all runs in proximity of each other

**Friday**
- PV & LJ/TJ-3:00
  - Warm Up
  - Li/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