

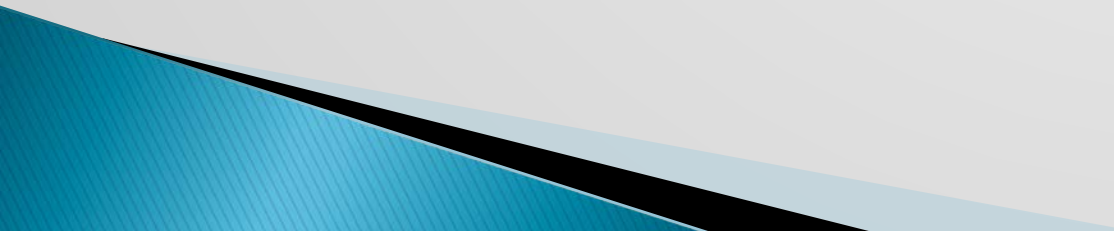
Balancing Work and Rest During the Competition Season

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La Tech Track & Field

Coaching Experience

- ▶ Sam Houston State (GA) 1999–2001
- ▶ Sam Houston State (assistant) 2002–2004
- ▶ UTEP (jumps/multi's) 2004–2008
- ▶ Miami (jumps/multi's) 2008–2012
- ▶ Louisiana Tech (sprints/jumps) current

Acknowledgments

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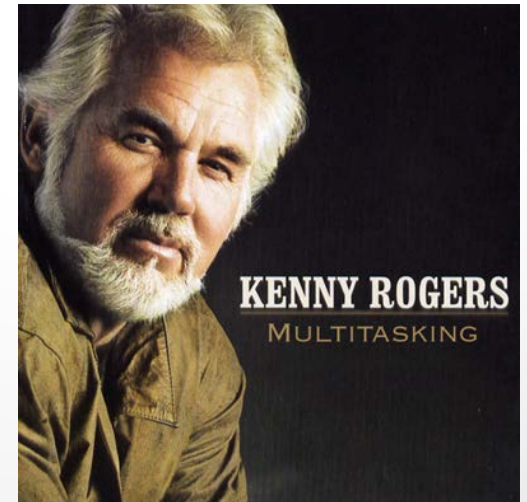
Soapbox

- ▶ We are not looking for a “peak” during this phase
- ▶ Peaking brings to mind the notion of reaching one specific point.
- ▶ Prefer to look at it as a state of “sustained readiness”

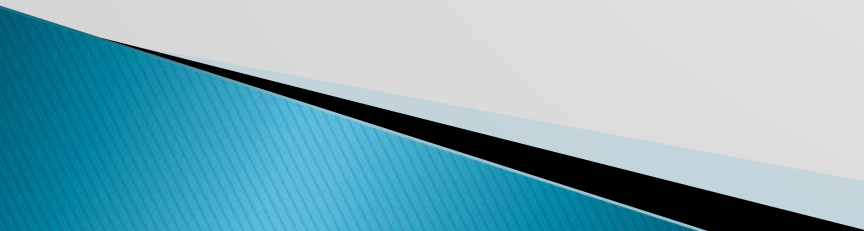


Know when to hold'em, know when to fold'em

- ▶ We as coaches need to know when to do one of or the other. Where Science and Art intersect
- ▶ Hold'em meaning going with the planned work
- ▶ Fold'em meaning taking the rest or backing off in some manner



Competition vs. Championship

- ▶ Very important to make athletes aware of the differences between the two seasons.
 - ▶ Competition Season can range from 2–4 meets prior to the championship season
 - ▶ Championship Season tends to fall 1–2 meets prior to Conference championship
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Current NCAA Set-Up (Div I)

Conference Championship – High physical and mental demand on athletes. May include competition in secondary and tertiary events.

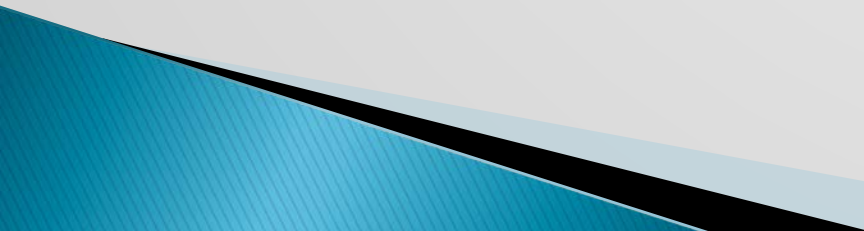
NCAA Preliminary Round – Added pressure to perform on the day. Focus on primary events and possibly relays.

NCAA Final Round – Best of the Best...Atmosphere can help to dictate performance.

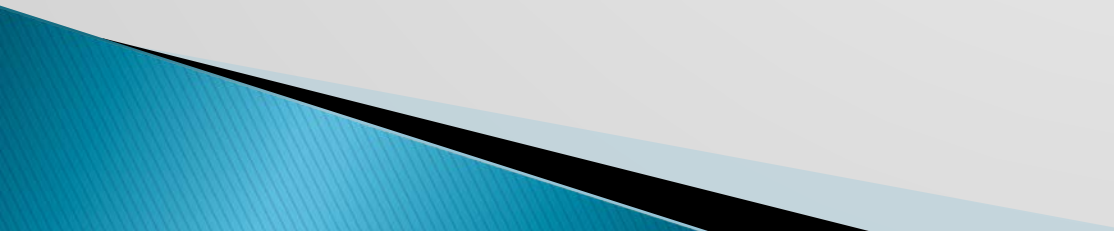
Current NCAA Set-Up (Div II & III)

- ▶ Qualification on descending order list
- ▶ Conference Championships – Same as Div I
- ▶ Last Chance Meet – High pressure meet, without much atmosphere... would not advise putting focus here
- ▶ National Championships – Festival can add to atmosphere

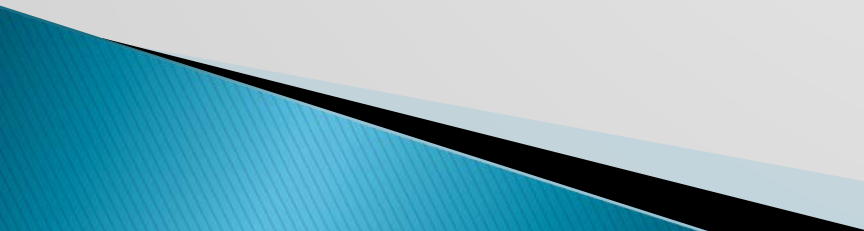
Goals During the Competition Season

- ▶ Run Fast
 - ▶ Make technical adjustments in competition setting
 - ▶ Fine tune individual race strategies
 - ▶ Continue to develop relay chemistry
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Goals During the Championship Season

- ▶ Run Faster
 - ▶ Instill a sense of urgency
 - ▶ Technical model should be set in stone at this point
 - ▶ Create atmosphere of high confidence
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The Role of Volume, Intensity and Density

- ▶ Manipulation of these training factors are key to sustaining readiness during this portion of the season.
 - ▶ Volume –total amount of training
 - ▶ Intensity –difficulty of training
 - ▶ Density –frequency of a given training load
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Avoid Staleness

- ▶ Use of “every 3rd or 4th day method to maintain readiness and sharpness
- ▶ Female athletes are hit with a CNS session every 3rd day during this cycle
- ▶ Male athletes are hit with a CNS session every 4th day during this cycle

Types of Recovery Work

- ▶ Med Ball Work
- ▶ Pool Sessions
- ▶ Rehab/Therapy
- ▶ Grass Runs (Tempo)
- ▶ General Strength
- ▶ Low Intensity Plyo's



Weekly Training Set-Up (3rd day)

Monday

Warm-up

Acceleration – 4 x 100 exchanges,
Block Starts, Max Velocity Work

Multi-Throws

Lifting

Tuesday

Warm-up

Grass runs

Med Ball work

Core Strength

Weekly Training Set-Up (3rd Day)

Wednesday

Pool Session

Thursday

Warm-up

Speed Endurance – 2–3 x 120 or 150

Low intensity plyometrics

Lifting

Friday

Rehab or Therapy

Weekly Training Set-Up (3rd Day)

Saturday

Warm-up (Long)

GS

Core

Sunday

Off Day or Travel Day

Questions?

Contact Information

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