Balancing Work and Rest During the Competition Season

Calvin Robinson
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

- Curtis Collier
- James Thomas
- Amy Deem
- Jacob Cohen
- Mike Holloway
- Ta’ Frias
- Bob Kitchens
- Daryl Robinson
- Boo Schexnayder
- Vince Anderson
- Kebba Tolbert
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
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.
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.
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
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
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
Avoid Staleness

- Use of “every 3\textsuperscript{rd} or 4\textsuperscript{th} day method to maintain readiness and sharpness

- Female athletes are hit with a CNS session every 3\textsuperscript{rd} day during this cycle

- Male athletes are hit with a CNS session every 4\textsuperscript{th} 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

Email: Coachrob@latech.edu