Arranging Practices for Multiple Events
General Thoughts

- When I plan out today’s workout, I always look at what I did the day before and what I want to do tomorrow.
- Two Main focuses:
  - Load (Volume vs. Intensity)
  - Recovery (Active and Passive)
- Weight Room should emulate what your doing on the track
Daily Warm-up

- 2 laps jogging
- 2 laps straights and curves
- Dynamic Warm-up (General to Specific)
  - Walking Sprint Drills early
  - Faster Sprint Drills after mastery of walking drills
- Acceleration Development
  - 10-20 meters early
  - Build to 40 meters by end of Fall
- Begin Workout
Weight Room Philosophy

Power = \( \frac{F \cdot D}{T} \)

- **Tendon Strength**: Reps of 8 or more
- **Max Power**: 100% Single Rep Max
- **Max Strength**: Reps of 6 or less
- **Reps of 1-3**: 70%, 80%, 85%
Setting Up Your Week Based On Maximum Recovery (General Preparation Phase)

Sunday – Passive Recovery
Monday – Medium Load (Mild to Medium Lactate Day)
Tuesday – High Load (High Power/Intensity Day)
Wednesday – Active Recovery
Thursday – Medium Load (Similar to Monday)
Friday – Highest Load (Highest Power/Intensity Day)
Saturday – Passive Recovery

*6-8 Weeks Minimum
Weekly Practice Schedule

- Monday – Circuit Day (10 minutes working to 20)
  - Gut Check Circuit to end 8 week Cycle
- Tuesday – Hills (Backwards and forwards)
- Wednesday – Active Rest (General Strength, Abs./Back Work, Hurdle Mobility)
- Thursday – Circuit (Same as Monday)
- Friday – Weights in the morning, Plyometric Work and/or Fartleks (Finish Weights if Needed)

*Static Stretching Routine at end of practice each day*
Weights During General Prep

- Monday & Thursday – Circuit Weight Training
- High Reps – Preparing Tendons and muscles for next cycle
- Friday – Normal weight day (Heavy Leg Day, Olympic Lifts, Dumbbell work, Core Work)
Week 9 (Transition to Specific Preparation Phase)

- Testing
  - 30 Meter Sprint
  - Standing Long Jump
  - OHB
  - UHF
  - 300 Meters/50 Second Run/600 Meters
Specific Preparation Phase (Weeks 10-18)

- Break Into Groups (Throwers, Jumpers, Hurdlers, etc.)
- Weekly Loads Continue to be the Same
- Weight Room Workouts Change (Power Phase 4 weeks, Strength Phase 4 weeks)
  - Refer to Chart (Slide 4)
- Sprint Drills are Full Speed
- More Complex Sprint Drills are Added
- Acceleration Development is Lengthened
Sample Week During This Phase

- **Monday** – Full Warm-up, 6X200’s at 26-28 Pace with 5 minutes rest between, warm-down, weights
- **Tuesday** – Full Warm-up, Nervous System Day (95-100% Intensity under 9 Seconds – for example: Approach Runs, Plyometric Movements, Sled Pulls, etc.)
- **Wednesday** – General Strength, Abs./Back, Stretching
- **Thursday** – Similar to Monday
- **Friday** – Morning Weights (Leave Legs for Afternoon), Afternoon – Hills, Fartleks, Ladders, Longer Sled Pulls, etc.
- **Saturday & Sunday** – Passive Rest
Indoor Season (General Competition Phase)

- I think in terms of 8 days now instead of 7. Saturday to Saturday (because of meets)
- 3 Possible Arrangement of Weeks:

**Week #1**
- Sat. – Heavy Load Meet
- Sun. – P.R.
- Mon. – Low to Medium Load
- Tues. – High Load
- Wed. – A.R.
- Thurs. – Medium to High Load
- Fri. – Low Load
- Sat. - Compete
Week #2

- Sat. – Easy Load Meet
- Sun. – P.R.
- Mon. – High Load
- Tues. – Low to Medium Load
  - Tues. & Wed. can be switched if needed
- Wed. – A.R.
- Thurs. – Medium to High Load
- Fri. – If not meet, then High Load, if meet then Low
- Sat. – Meet or No Meet
Week #3

- Sat. – No Meet (Which Means Friday was Super High Load)
- Sun. – P.R.
- Mon. – Low to Medium Load (Because of previous Friday workout)
- Tues. – Very High Load
- Wed. – A.R.
- Thurs. – Medium Load
- Fri. – Easy Load
- Sat. - Meet
Weights

- Half Power Index
  - Upper Body and Olympic Lifts Stay Heavy
  - Legs and Core Development (70-85% of 1 Rep. Max moving the weight with **super high intensity**)
  - Goal in Power Development is to continue to maximize recruitment of muscle fiber (Established during strength phase)
Spring Break

- Recovery Week to Transition from Indoor Season to Outdoor Season
- No Weight Workouts
Outdoor Season (Specific Competition Phase)

- Same Weekly Loads as Indoors
- Weights (Full Power Index – All Lifts Explosive 70-85% of 1 Rep. Max) – Lift 3 days a week instead of 4
- Focus in the Weight Room is Max Intensity!
- Volume begins to Taper, Intensity Begins to Increase
- Key Coaching Point becomes Communication!!! How they feel each day can determine changes for practice.
- Good Coaching at this point in the season is the ability to deal with **Variables**
Final Thoughts

- High Lactic Acid Workouts Inhibit Speed/Power Training for several days
- Your Weights should mimic your workouts on the track
- It takes a minimum of 3-4 weeks of a constant stimulus for your body to adapt
- Understanding Recovery is the key to your athletes reaching their potential
- Every Degree your body’s core temperature is raised during warm-up, the muscle becomes 13% more efficient, so keep the warm-up moving
- Grass Olympics – Explain if Time