

Arranging Practices for Multiple Events

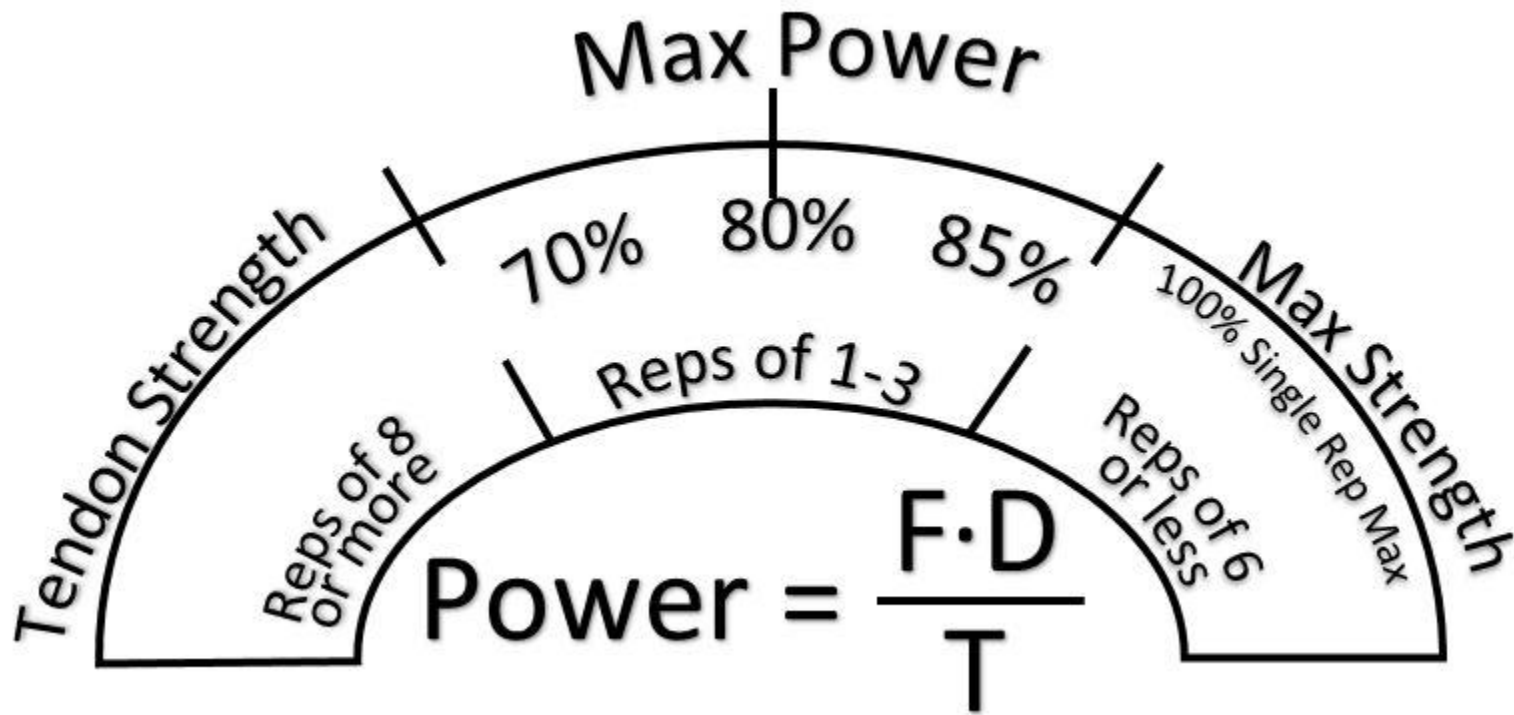
General Thoughts

- 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



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