Progress Through Progression
A Biomotor Success Story

Ronnye Harrison
Assist. Coach – Sprints/Hurdles/Relays
UNIVERSITY OF OKLAHOMA
My History -

1) Birth
2) MUSICIAN
3) US MARINE
4) TEACHER
5) COACH/TEACHER
My Success -

- Mandy White – 12.61 to **11.85** (one year) / Mandy White – 26.28 to **24.28** (one year)

- Kayla Smith – 12.01 to **11.77** (two years)

- Jazmin Ratcliff – 12.24 to **11.61** (three years) / Jazmin Ratcliff – 17.88 to **13.26** (hurdles)

- Jernise Saunders – 12.07 to **11.69** (one year) / Jernise Saunders **7.77** to **7.44** (one year)

- Geronne Black – 12.24 to **11.38** (three years) / Geronne Black – 8.0 to **7.27** (three years)

- Geronne Black – 7.55 to **6.86** (three years)

- Karene King – 12.00 to **11.52** (three years) / Karene King – 25.32 to **22.85** (three years)

- Jasmine Woods – 11.88 to **11.34** (two years)

- Genna Settle – 12.24 to **11.70** (two years)
Biomotor Development
BiomotorAbilities

Work Capacity / Endurance

Flexibility

Coordination

This + This

Speed

Strength
Work Capacity/Endurance
What is Capacity/Endurance?

- The athlete's ability to sustain or endure work
# Work Capacity/Endurance

For Karene King /Others

<table>
<thead>
<tr>
<th>CYCLE I</th>
<th>Alactic Short Speed End.</th>
<th>[ASSE]</th>
<th>90-95%</th>
<th>1'-2' / 5-7'</th>
<th>300M</th>
<th>800M</th>
<th>300M</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ANAEROBIC</td>
<td>80m</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>85% GOAL</td>
<td></td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>CYCLE II</th>
<th>Intensive Tempo</th>
<th>Lactacid Capacity [LCAP]</th>
<th>MIXED</th>
<th>80-89%</th>
<th>35'-5' / 3-10'</th>
<th>800M</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Anaerobic Capacity</td>
<td>AER./ANAER.</td>
<td>85% GOAL</td>
<td>2' / 3-10'</td>
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<tr>
<td></td>
<td></td>
<td>(120m)</td>
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<thead>
<tr>
<th>CYCLE III</th>
<th>Speed Endurance [SE]</th>
<th>150m</th>
<th>ANAEROBIC</th>
<th>90-95%</th>
<th>5-6'</th>
<th>300M</th>
<th>900M</th>
<th>600M</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Anaerobic Power</td>
<td>85% GOAL</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Lactacid Strength</td>
<td>GLYCOLYTIC</td>
<td>95-100%</td>
<td>6-10’</td>
<td>300M</td>
<td>600M</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>CYCLE IV</th>
<th>Special Endurance I</th>
<th>180-250m</th>
<th>Long Speed End. [LSE]</th>
<th>ANAEROBIC</th>
<th>90-95%</th>
<th>10-12’</th>
<th>600M</th>
<th>750M</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Anaerobic Power</td>
<td>GLYCOLYTIC</td>
<td>95-100%</td>
<td>12-15’</td>
<td>360M</td>
<td>500M</td>
</tr>
</tbody>
</table>
Work Capacity/Endurance

- It should be noted that speed and acceleration should be developed prior to speed endurance.

- compatibility, transference and complimentary principles of training.

“The biggest error is in over-emphasizing aerobic endurance for speed-power athletes. Many think you need to ‘establish a base’, ‘build miles’ or achieve a high level of aerobic fitness to be able to do well in any event. “ Mike Young(2010)
WHAT’S YOUR SECRET?

Consistency
Flexibility
Flexibility

1. **Active Flexibility** is defined as the range of motion attainable at a joint without assistance.
Flexibility

Passive Flexibility.
Flexibility

3. Kinetic
COORDINATION

This + This
COORDINATION

• Agility
• Mobility
• Balance
• Technical Execution
STRENGTH
Strength

Absolute Strength is the ability to produce great force in a static or dynamic sense.
General Strength is defined as the ability to overcome the resistance of one’s own body.
Power is defined as the ability to produce force quickly. In situations requiring power, resistance must be overcome, and high speed of movement is also of great concern.
Speed is defined as the ability to move the body or parts of the body through a given range of motion in the least time.
WHAT'S YOUR SECRET?
1. Consistent adherence to training philosophies based on scientific Research and experience.

2. Consistent adherence to developing meaningful and psychologically Validating relationship with each and every student/athlete that I have the Honor to coach and/or mentor.

3. Remain a constant learner and evaluator of technological advances in my sport. Continue to expand my knowledge through by enlisting more coaching mentors

4. And sharing that knowledge to those coaches who reach out to me.
I would like to thank the following mentors and organizations for their support of my growth as a coach and mentor:

- Tony Veney
- Kebba Tolbert
- Leon McKenzie
- Dan Pfaff
- Boo Schexnayder
- Curtis Taylor
- Curtis Frye
- Shantel Twiggs
- Seth Henson
- Jim Vanhooftgem
- Vince Anderson
- Ben McDonald
- Donna and Howard White
- John Mayes
- Mike Young
- People who didn’t know I was listening
- USTFCCCA
- TRACK & FIELD ACADEMY
- USATF COACHING ACADEMY

AND EVERY STUDENT/ATHLETE THAT PARTICIPATES IN TRACK & FIELD