POLARIZED TRAINING FOR THE LONG SPRINTER

FROM GOOD TO GREAT AT IOWA
Mick Byrne - University of Wisconsin
Ryan Cole – Air Force Academy
Landon Evans – University of Iowa (S&C)
Randy Hasenbank – University of Iowa
Fred Harvey – University of Arizona
Phil Lundin – St. Olaf College
Joe Newton – York High School
Cody Roberts – University of Iowa (S&C)
Boo Schexnayder – Louisiana State University
Steve Silvey – Mississippi State/Texas Tech University
Jake Stewart – Gonzaga University
Kebba Tolbert – Harvard University
Kathryn Wakenight – University of Iowa (Director of Ops)
Tony Wells – Colorado Flyers TC
Joey Woody – University of Iowa
FOUNDATIONS OF COACHING

- MENTORSHIP
- USTFCCCA ACADEMY
- EXPERIENCE AS AN ATHLETE
- EXPERIENCE AS A COACH
- POACHING
- CREATIVITY
PILLARS OF THE POLARIZED TRAINING PROGRAM

• BALANCE
• WORK CAPACITY
• INDIVIDUALIZATION
BALANCE

• BALANCED TRAINING PRESCRIPTIONS

• SPINNING PLATES

• DEVELOPING VERSATILITY

• STRENGTHS ENHANCED

• ELIMINATE WEAKNESSES
WORK CAPACITY

• THE MAXIMUM VOLUME OF WORK AN ATHLETE CAN SAFELY PERFORM, RECOVER FROM, AND ADAPT TO

• WORK CAPACITY DOES NOT = SLOW RUNNING

• WORK CAPACITY CAN BE SPECIFIC

• TRAINING TO TRAIN

• WORK CAPACITY IS EMPOWERING
INDIVIDUALIZATION

• KNOW YOUR ATHLETE
  (CATEGORIZATION OF TALENT)

• DO NOT MARRY THE WORKOUT

• MORE THAN ONE ROAD LEADS TO ROME
ENDS TO MIDDLE

• **FAST** = **FAST**
  (0-60M @ 95%)

• **HARD** = **HARD**
  (2000-3000M)

• **QUALITY** = **QUALITY**
  (1\textsuperscript{st} 150M or Last 150M)
PRACTICAL APPLICATIONS

• 3 WEEK CYCLES THROUGHOUT GENERAL & SPECIFIC PREP

• 2 HIGH INTENSITY SPRINT SESSIONS

• 2 TEMPO INTENSIVE OR EXTENSIVE SESSIONS

• 1-2 ACTIVE RECOVERY SESSIONS
PHILOSOPHICAL CONSIDERATIONS

- COMMIT TO A STIMULUS
- BEER AND ICE CREAM
- DEVELOPING THE FIRST 150M = 10.5 for longer
- IMPROVING THE LAST 150M = 12.5 under duress
GENERAL PREP
- WHAT A MICROCYCLE LOOKS LIKE -

• MONDAY – ACCELERATION DEVELOPMENT (RESISTED) = 360M-720M
  • TUESDAY – TEMPO EXTENSIVE = 1800M-3000M
  • WEDNESDAY – ACTIVE RECOVERY = 800M-1200M + POOL
    • THURSDAY – OFF DAY
• FRIDAY – ACCELERATION DEVELOPMENT (RESISTED) = 720M-1800M
  • SATURDAY – TEMPO EXTENSIVE = 1800M-3000M
    • SUNDAY – OFF DAY
MONDAY

4-6 x (3 x 30M RUN ROCKET) w/ 4 MIN SET REST

6 x 20M, 6 x 30M

4-6 x (2 x 30M RUN ROCKET + 40M CONTRAST ACCEL)

6-10 x 40M w/ 4 MIN REP REST
TUESDAY

- 8 x 300M @46.0-48.0 w/2 min rep rest
  6 MIN SET REST

- 3 x 150M @ 17.5-18.5 w/90 sec rep rest

- 4-5 x (300M + 200M) @ 46.0-29.0 w/45 sec rep rest and 3-4 MIN SET REST

- 4-5 x (200-100-200) @ 29-14-29 w/45 sec rep rest and 3 MIN SET REST

- 5 X 300M @ 39.0-40.0 w/5 Min Rep Rest
WEDNESDAY

- 8-12 X TECHNICAL 100M @ 13.0 w/walk back rest
- 1-2 x Hurdle Mobility Series
  (8-12 Hurdles)
- 35-60 Min Interval Pool Session
  (2 Min On/1 Min Off)
FRIDAY

• 4-8 x (5 x 60M Hills @ 90-95%) w/3 Min Set Rest

• 4-6 x 30M, 4-6 x 40M @ 95%+

• 4-6 x (4 x 90M Hills @ 90%+) w/4 Min Set Rest

• 6-8 x 150M @ 17.5-18.5 w/3 Min Rep Rest
SATURDAY

• 3 x (8 x 100M @ 13.5-14.5) w/ 30 Sec Rep Rest

• 8-15 x 200M HILLS @ 33.0-35.0 w/ 2 Min Rep Rest

• 6 x 200M @ 24.0-25.0 w/ 5 Min Rep Rest

• 4 x (3 x 150M @ 17.5-18.5) w/ 90 Sec Rep Rest and 6 Min Set Rest
WEEK 4

• MONDAY – 4 x (3 x 30M Run Rockets)

• TUESDAY – 8 x 300M @ 46.0-47.0, 3 x 200M @ 25.0-26.0

• WEDNESDAY – Active Recovery (1 ON/1 OFF – 40 Min Pool)

• THURSDAY – OFF DAY

• FRIDAY – 4-5 x (4 x 60M Hills)

• SATURDAY – 4 x (200-100-200) @ 29.0-14.0-29.0

• SUNDAY – OFF DAY
WEEK 5

• MONDAY – 4 x (2 x 30M Run Rockets + 1 Contrast 40M Accel)
  • TUESDAY – 4-5 x (300+200 @ 45.0-28.0)
• WEDNESDAY – Active Recovery (2 ON/1 OFF – 45 Min Pool)
  • THURSDAY – OFF DAY
• FRIDAY – 6 x 30M, 3 x 60M
  • SATURDAY – 10-12 x 200M w/2 min rest Carver Hills
  • SUNDAY – OFF DAY
TRUST THE PROCESS

• DIVERSITY WITHIN THE GROUP

• BUILDING TRUST

• BUY IN