Sprint Training Design

Early Planning for Championship Racing

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Inspiration
Growth in Coaching

- 20 years of coaching at 5 different Universities
- Worked for multiple HOF Head Coaches
- Transitioned from Jumps coach to Sprint Coach
- Learning from failures has been the greatest teacher
What We Do Year Round, Effects How Long Athletes Can Maintain High End Performances

• Find your niche/Develop a System
• Address Bio-Motor Abilities
• What tools are you going to build your tool box around
• What role does recovery play in your program
• Race with a purpose
• Respect the unmeasurable
• Don’t plan to Peak!!!
As a Coach, You Have to find your niche

• Art vs Science
• What is the ideal training setup for you and your environment
• Where does your style fall on the spectrum
  • Short to long vs long to short
  • Speed/Power vs Tempo
Address Bio Motor Abilities

• Must give consideration when writing training
  • Create athletes first!
• Don’t forget the sub-sets
• Importance may vary through out the year but must constantly be addressed
• Volume & Intensity are not bio motor abilities but play key roles in how we manipulate training and glue the pieces together
What are the Bio Motor abilities

- Speed
- Strength
- Work Capacity/Endurance
- Flexibility
- Coordination
What’s in your Tool Box?

• What tools are you going to use?
  • Resisted/Assisted sprinting – Speed Builder
• How often do you write training?
  • Don’t get bored to quickly?
• Are you using these tools in most effective and efficient manner
  • Important to keep session flow
• Pet Peeve - improper use of tools i.e. Wickets for acceleration
Recovery as a Tool

- What role does recovery play in your program
  - Is it intentional or accidental?
- How does recovery look and what forms are you using?
- Understand that this is where gains are made
- Also not a bio motor ability but can be just as important
Race with Purpose

• Always have a goal for each race you run
  • Goals can range: Improve technique, qualify, make a final

• Remember that racing is training!
  • Have to account for workload and provide adequate recovery

• Try to make decisions that benefit both the athlete and the team
  • What do you do when these don’t align?
The Unmeasurable

- The Buy-in
  - When talent meets belief
- Importance of developing a “culture” and group/team dynamic
  - Athletes feed off of one another
- Mental Toughness
  - What is it and can it truly be improved?
- Psychological effects of identifying and prepping athletes for the championship season
To Peak or not to Peak

• Holds negative connotation of singular point
• What happens if you miss this mystical peak?
  • Creates cracks in the “buy-in”
• Want to put athletes in a state of heightened readiness that should last for multiple weeks if managed properly
The Mystical Peak
Conclusion

• Finding the most effective methods to train athletes holistically, ensuring to address their physical, mental and emotional needs will ultimately lead to success!
Questions