

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

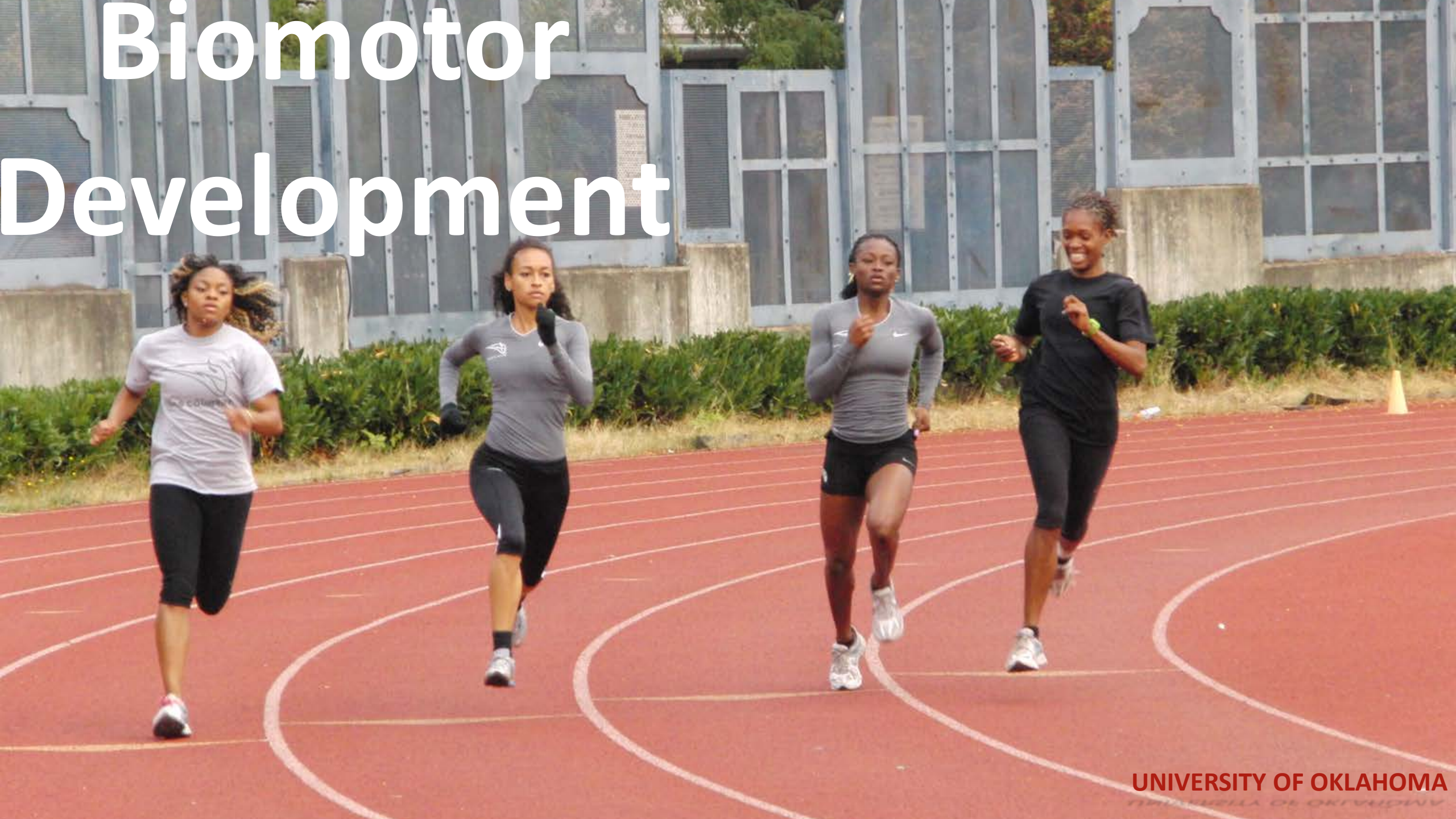
5)COACH/TEACHER



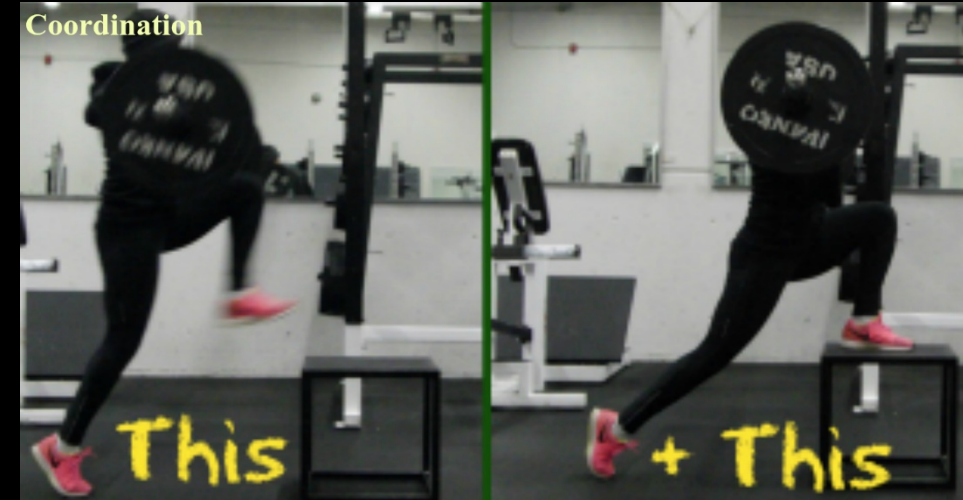
My Success-

- 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



UNIVERSITY OF OKLAHOMA

Work Capacity/Endurance



What is Capacity/Endurance?

- The athlete's ability to sustain or endure work

Work Capacity/Endurance For Karene King /Others

| | | | | | | | | |
|-----------|---------------------------------------|----------|--------------------------|-------------|-------------|----------------|------|------|
| CYCLE I | Alactic Short Speed End. ANAEROBIC | 80m | [ASSE] | 90-95% | 1-2' / 5-7' | 300 | 800M | 300M |
| | | | | 85% GOAL | | | | |
| CYCLE II | Intensive Tempo | (120m) | Lactacid Capacity [LCAP] | MIXED | 80-89% | 30"-5' / 3-10' | 800M | |
| | | | Anaerobic Capacity | AER./ANAER. | 85% GOAL | 2' / 3-10' | | |
| CYCLE III | Speed Endurance [SE] | 150m | ANAEROBIC | 90-95% | 5-6' | 300M | 900M | 600M |
| | | | Anaerobic Power | 85% GOAL | | | | |
| | | | Lactacid Strength | GLYCOLYTIC | 95-100% | 6-10' | 300M | 600M |
| CYCLE IV | Special Endurance I | 180-250m | Long Speed End. [LSE] | ANAEROBIC | 90-95% | 10-12' | 600M | 750M |
| | | | Anaerobic Power | GLYCOLYTIC | 95-100% | 12-15' | 360M | 500M |

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)

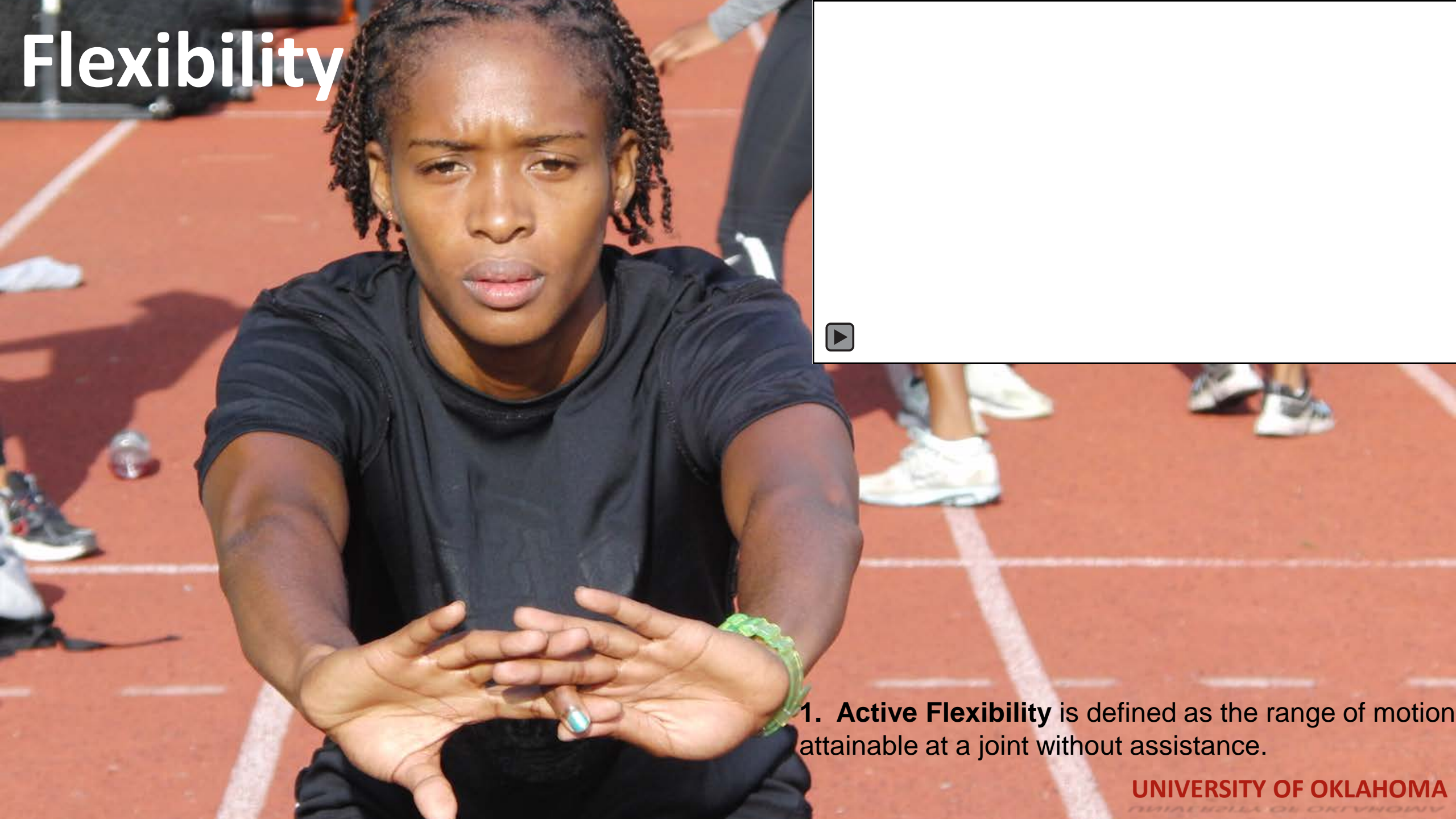
WHAT'S YOUR
SECRET?

A hand is shown on the right side of the image, holding a white piece of chalk. It is in the process of drawing a horizontal line underneath the word 'SECRET' in the text above.

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

- Agility
- Mobility
- Balance
- Technical Execution





STRENGTH

**PORTLAND
STATE**

UNIVERSITY OF OKLAHOMA



STRENGTH

A woman with dark skin and curly hair is performing a pull-up exercise. She is wearing a black short-sleeved shirt and black leggings with reflective white stripes on the lower legs. Her arms are extended upwards, and she is looking up. The background shows a gym setting with various pieces of equipment and a white wall.

General Strength is defined as the ability to overcome the resistance of one's own body



SPEED



UNIVERSITY OF OKLAHOMA

SPEED

A blurred image of a person in a blue long-sleeved shirt and black pants running on a red track, illustrating speed. The background shows a blurred crowd in bleachers, emphasizing the motion.

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 Vanhootgem
- 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**