

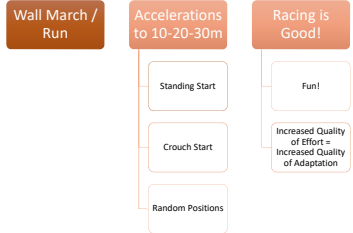
Critical Considerations for the Short Sprints

Indoor Training Structure



1


Activities for Acceleration: Hallway



```
graph TD; A[Wall March / Run] --> B[Accelerations to 10-20-30m]; A --> C[Racing is Good!]; B --> B1[Standing Start]; B --> B2[Crouch Start]; B --> B3[Random Positions]; C --> C1[Fun!]; C --> C2[Increased Quality of Effort = Increased Quality of Adaptation];
```

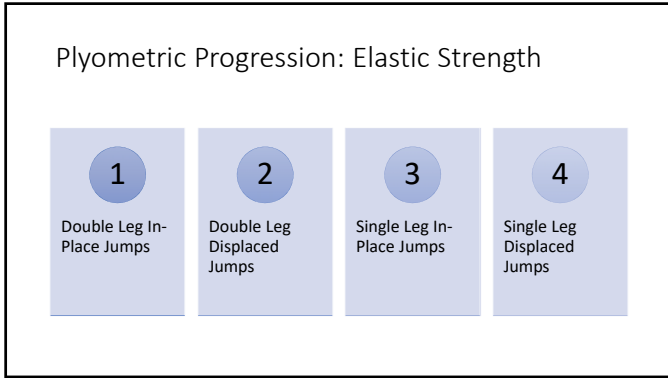
2

Activities for Acceleration: Stairs

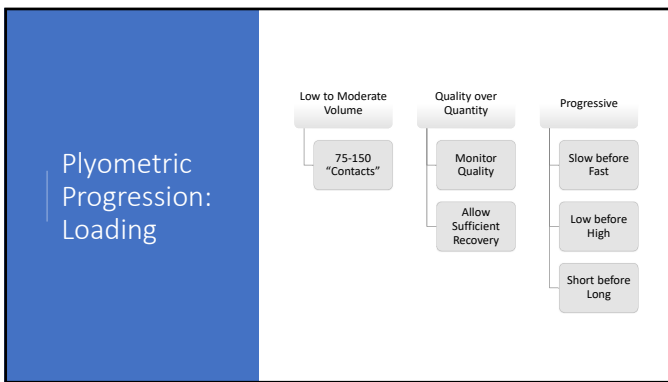


```
graph TD; A[Bouts of 3-6 Seconds] --> B[Races]; A --> C[Lunges]; A --> D[Bounds]; B --> B1[Forward]; B --> B2[Backward]; B --> B3[Side Slide]; B --> B4[Side Crossover];
```

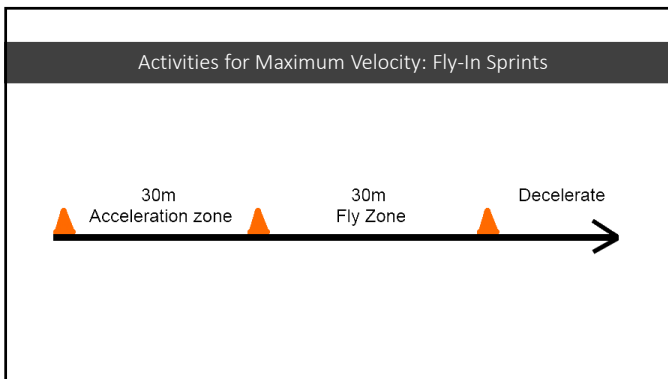
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Activity for Maximum Velocity: Fly-In Sprints

- 15-20m Acceleration Zones
- 10-20-30m Action Zone
 - Valsalva
 - Frequency
 - Coordination
- 40-60m Deceleration Zone

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Fly-In Sprints: Progressive Loading

1	2	3
<p>Month One</p> <ul style="list-style-type: none"> • 2 x 3 x 10m • 2 x 4 x 10m • 3 x 3 x 10m • 2 x 4 x 10m 	<p>Month Two</p> <ul style="list-style-type: none"> • 2 x 3 x 20m • 2 x 4 x 20m • 3 x 3 x 20m • 2 x 4 x 20m 	<p>Month Three</p> <ul style="list-style-type: none"> • 2 x 3 x 30m • 2 x 4 x 30m • 3 x 3 x 30m • 2 x 4 x 30m

8

Volume & Intensity: Key Concepts for a Training Day

- Training Day Focal Unit = Low Volume / High Intensity
 - High Quality Repetitions Necessary for Desired Adaptation
 - 85-95% Zone
 - 1-6 sec High Quality Repetition
 - 3-4 min Rest Interval
 - Replenish ATP-CP Stores
 - Assure High Quality
 - When Quality Decreases, Unit is Over

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Volume & Intensity: Concepts & Strategies for Recovery Days

- Higher Volume / Lower Intensity
- Recover Physically *and* Mentally
 - Promote Blood Flow
 - Appropriate Endurance Training
 - Static Flexibility
- 20 minute Continuous Warm-Up (*Seagrave, McFarlane*)
 - Coordination
 - Dynamic Flexibility
 - Aerobic Capacity
- Tempo Runs
- Circuit Training

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Build the Infrastructure

- Posture
- Single Leg Stability
- General Strength
- Core Strength
- Appropriate Aerobic Fitness

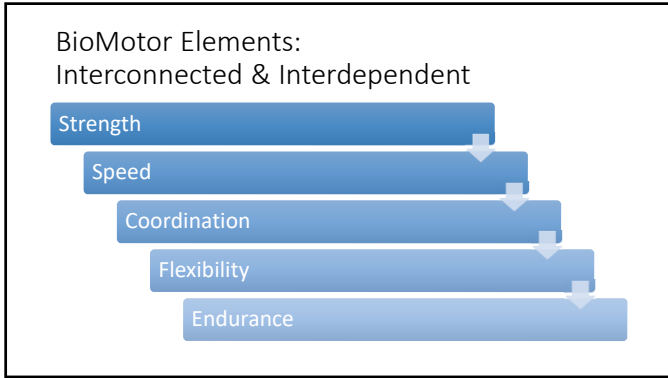
Via Warm Up
Via Cool Down
Via Recovery Day Modalities

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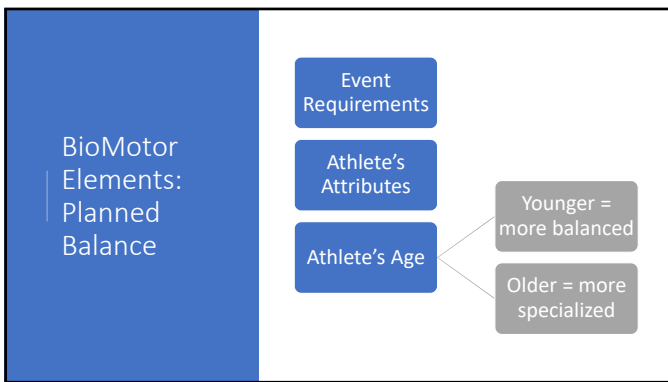
Structure the Build

- Understand the Five BioMotor Elements
 - Strength
 - Speed
 - Coordination
 - Flexibility
 - Endurance

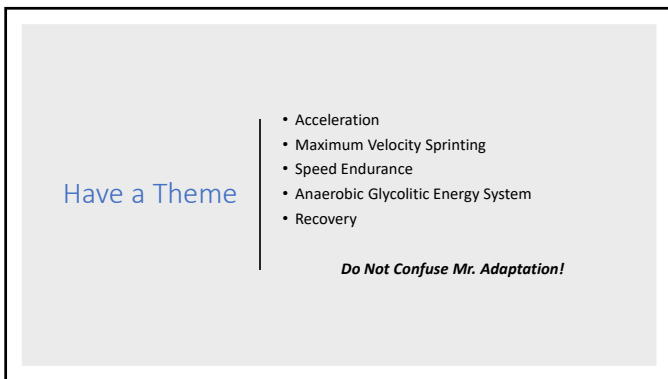
12



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14



15

Avoid Non-Specific Themes

- Get in Shape
- Go to Weight Room
- Easy Day

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Align Your Curriculum

- All Activities Point Toward and Improve Quality of Focal Unit - **MR. ADAPTATION...**
- Warm Up
 - Part 1: Low Tempo to Higher Tempo
 - General Activities to More Specific Activities
 - Prepare Body Generally for General Activities
 - HR
 - Blood Flow
 - Intramuscular Temperature
 - Part 2: Specifically Prepare Neuromuscular System for Focal Unit
 - Remind the Body of Requirements
 - Sprint Drills
 - Acceleration Drills

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Routine Your Themes

- NM – R – NM – R – NM – OFF – OFF
- Accel – R – Technique & R – Max Velocity – R – Speed Endurance

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Key Concept:
Supercompensation

- Exercise Dose
- Recovery
 - With Coach
 - Away from Coach
- Mr. Adaptation

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Key Principle:
Recovery

- Sleep
- Diet
- Prescribed Activities

20

Key Principle:
Accumulation

- Small Adaptations Over Time
- Lydiard

21

Key Principle: Variation

1 Prevent Staleness	2 Enhance Adaptation	3 Prevent Injury
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Key Principle: Context

Day to Day

Week to Week

Month to Month

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Key Principle: Overload

- Progressive Overload
 - Manipulate Volume or Intensity
 - Not Both at Same Time
- Progressive but Not Linear
 - $2 \times 3 / 2 \times 4 / 3 \times 3 / 2 \times 4$

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