

Cold Weather Training Adaptations

Keeping Safety in Mind

- Traffic Control
- Avoiding Hazards
 - Collisions
 - Walls
 - Opening Doors
- Think in Terms of Loops and Circuits
- Allowing for Deceleration

It's Cold, Now What?

- It's a Compromised Situation
- Key - Understanding What You Are Trying to Accomplish
- Generic Approaches to Training Make Adapting Difficult
- Purposeful Training vs. Busy Work
- Watch the Weather and Juggle Days
- Have a Can-Do Attitude

Writing the Training

- If Weather Was Perfect, What Would You Do?
- Adapting From the Ideal Plan
- Practicalities - What Must Change
- Warmups, Weights, Plyos – Often Can Continue As Planned
- Harder Surfaces and Limitations Require Purposeful Training
 - Save Work on Hard Surfaces for Speed Development
 - Find Other Ways to Achieve Fitness
 - Strive for a Few Intense Workouts Rather Than Many Low Intensity Ones

What Do You Have Available? – Potential Training Venues

- Track
- Gym
- Hallways
- Dressing Room
- Sidewalks
- Bleachers
- Weight Room

Warming Up

- Changes Needed?
- Space Savers
- Dynamic Flexibility
- Hurdle Mobility
- Stations and Rotating Approaches

Dynamic Flexibility



Speed Development

- Quality Training Allows Options
 - Low Volumes
 - Positioning Work So Recoveries Can be Inside
- Supplementation
 - Vertical Plyometrics
 - Remedial Bounds
 - Low Hurdle Hops
- Neural Capacity Supplementation with In Place Jump Circuits

Hurdle Mobility



Speed Endurance

- Quality Training Allows Options
 - Low Volumes
 - Positioning Work So Recoveries Can be Inside
 - Broken Run Options
- Supplementation – Similar to Speed Development
- Neural Capacity Supplementation with In Place Jump Circuits

Acceleration Training

- Short Accelerations and Start Work
 - Allowing for Deceleration
 - Block Modifications
- Alternate Training
 - Stairs (Doubles)
 - Step-Up Jumps
 - Lunge Jumps

In Place Jumps



Endurance Training

- Circuit Training
- General Strength (Bodyweight) Exercises and Medicine Ball
- Gross Calisthenics
- Circuit Structure
 - 10-16 Sets
 - 15-30 Second Workouts
 - Work to Rest Ratios 1:1 to 2:1
 - Scramble Options – Work to Rest 1:2
 - Limit Circuits to 12 Minutes – Multiple Circuits are Possible

Plyometric Training

- Again – Quality Based
- Vertical Program - Largely Unaffected
- Horizontal Program - Modified Landings

General Strength Exercises



Short Bounds



Medicine Ball Training



Hurdle Training

- Obvious Limitations
- Modified Hurdles
- Loop/Circuit Arrangements

Jumps Training

- Drill Based Training Philosophies
- Long Jump & Triple Jump
 - Skips, Repetitive Takeoffs, Landing Simulations
- High Jump
 - Circle and Serpentine Runs, Pitless Approaches
- Pole Vault
 - Walkthroughs, Wall Takeoffs, Gymnastics

Triple Jump Adaptations – Ultra Short Approaches



Drills for Preparation and Takeoff Mechanics



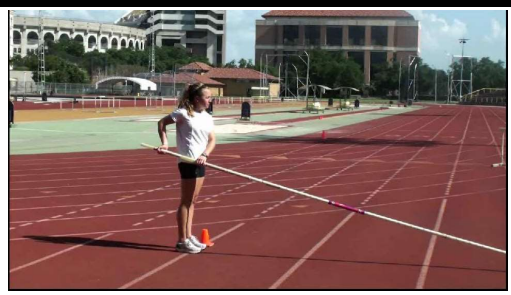
Serpentine Runs



Landing Adaptations



Pole Vault Adaptations – Walking & Jogging Plant Exercises



Throws

- Modified Implements
 - Medicine Balls
 - Cones
 - Medicine Ball on a String
 - Lacrosse Balls
 - Turbojav and other Commercial Options
- Wall and Net Throws

Modified Implements



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