

Adaptations for Wisconsin Sprint Training  
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## **1. Major differences between Texas and Wisconsin**

Weather

Athletic periods – Track & Field as a PE class

Difference in rules – In Texas athletics is not considered a team sport therefore has very few rules

Shear numbers – In Houston alone there are 80-90 high schools that each have over 2000 students.

Length of season – Track usually begins after school training the first week back from Winter break and ends for most athletes with the District or Area meets mid to late April.

Most if not all meets are invitational meets – meets can only be held on Friday or Saturdays

In Texas all coaches must be employed by the District they coach in, one exception, retired coaches. This does have positive and negative results.

## **2. What components make up Speed?**

Speed, Strength, Power, Endurance, Restoration

## **3. Speed Development v. Speed Training**

Speed development: High intensity – short duration, 1-2 seconds, requires small bits of training at higher velocities, includes contrast training, stride length and stride frequency drills

Speed Training: % of the high intensity, training under 6 seconds with a 4-6 minute recovery. 1:25 recovery ratio, attempting to maintain s % of that top speed for a longer period of time.

## **4. General Preparation**

Monday: Speed development

Tuesday: Lactate Capacity & Core

Wednesday: Technique & Tempo endurance (rest)

Thursday: Speed development

Friday: Technique & Tempo endurance & Core

## **5. The Warmup**

2 lap jog

Dynamic Mobility (Captain led)

4 X 30 m strides (50-60-70%)

leg swings – 12X left – 12X right – inside – outside

4 X 30 meters accelerations (80-90-95%)

Hurdle mobility drills

## **6. Dynamic Mobility**

1. neck rotations 2. Arm circles 3. Trunk twists 4. Hip rotations

5. toe in running 6. Toe out running 7. Toe cross overs

8. skaters 9. Side slides 10. Kioka's 11. Kioka legovers

12. 360s 13. Arm extended skips 14. Tuck jumps 15. Jog on toes

16. single arm skips 17. Double arm skips 18. Cross arm skips

19. tight skirts 20. Straight leg bounds 21. Clap jacks 22. A's & B's

## **7. Fast leg series**

Neuromuscular recruitment – 3 reps

Begin with walk, then skip, then running

Left leg fast leg every other one

Right leg fast leg every other one

Left leg fast leg every one

Right leg fast leg every one

Alternate fast legs by the numbers (4-3-4)

4 lefts, 3 rights, 4 lefts

## **8. Shift**

Shift – choreographs the stride pattern during the acceleration

4-5 reps

90cm troc use 2.5X, 2.37X, 2.40X

1. 40% 2. 45% 3. 60% 4. 70% 5. 75% 6. 78% 7. 81%

8. 88% 9. 89% 10. 90% 11. 93% 12. 95% 13. 97%

14. 99% 15. 100% 16. 102%

## **9. Reach**

Reach – transition phase acceleration to max velocity 10m

approach use 2.35X, 2.37X, 2.40X

1. 75% 2. 77.5% 3. 80% 4. 83.5% 5. 85% 6. 87.5%

7. 90% 8. 93.5% 9. 95% 10. 97.5% 11. 100%  
12. 102.5% 13. 104% 14. 105%

## **10. Drum**

Drum – develops stride frequency  
0.9 trot use  $2.35 \times 80\% (.8) = 1.69$  meters  
20 – 30m lead in lay down 6 marks 1.69m apart  
represents 5 strides  
Goal = 1.0 sec (10m/s) velocity  
When goal is met increase to 82% and so on.

## **11. Power Development**

begin with level 1 skill and gradually go up from there, control  
and count foot strikes  
Done as a multi jump component 2 X 6-15 reps  
Level 1 – power skips for height or distance  
Level 2 – low single leg hops, double leg, prancing, backwards  
And forwards  
Level 3 – SLJ, STJ, DLB, LLRR

## **12. Power Development**

Level 4 – straight leg bounds, alt bounds, LLRR bounds  
Level 5 – R Hop, L Hop, RRLRR bounds, 6 H Hops  
Level 6 – Bounds for height & distance, speed hops, STJ for  
Distance, SLB, Tuck jumps  
Level 7 – Standing RRR, LLL, RRL, RLRL or LRLR  
Level 8 – jogging same as Level 7  
Level 9 – 3 X 6H hops, R hops, L hops, 3 X 3 box with 3 hops  
In between, 3 X 3 box 1 hop in between, 3 X 6H

## **13. Teaching skills**

1. Introduce skill – precise cues
2. Demonstrate – use good models and video  
whole – part – whole  
keep brief  
provide different views
3. Practice – be patient (300 hours to correct)
4. Provide feedback – correct one error at a time

#### **14. Specific Preparation**

Monday: Speed

Tuesday: LAC early, GSSE, Special endurance

Wednesday: technique – tempo endurance

Thursday: Speed resistance – Strength endurance

Friday: technique

#### **15. Speed**

emphasis on quality not quantity

full or near full effort over short distances between 30 and 60m.

each repeat must be followed by complete recovery 1:25 recovery

exp: 30 meters 6 – 8 reps

exp: 50 meters 5 – 6 reps

exp: 60 meters 4 – 6 reps

alactic short speed endurance – bridge the gap between speed and speed endurance exp: 4 X 4 X 60m at 90% 3' interval 6' set rec.

use to increase the volume of alactic power and work capacity

#### **16. Speed Resistance & Strength Endurance**

Resistance – sled pulls, inclines, ultra speed resistance (keep

Resistance low so athletes can perform at around 90% of max Velocity)

Assistance – downhill, towing

Early – 3X resistance – 3X assistance – 3X normal

Later – Strength endurance – more than 9 reps, 9 sec, 90 meters, 3-5 min recovery

one week sleds, next week up hills, alternate

#### **17. Competitive Phase**

Monday: Race Modeling

Tuesday: Lactate Power

Wednesday: Technique

Thursday: Speed Endurance

Friday: Technique – activation potential

#### **18. Race Modeling**

work on improving any aspect of your race that needs improvement, finish, start etc.

starts in your Regional or Sectional or State lane draw

mental preparation  
prepare for everything

### 19. **Speed Endurance**

Alactic capacity (speed endurance)

Emphasis: work on the ability to hold 95% speed

15 to 30 seconds in duration

exp: 3-4 X 150 meters at 95 – 100% velocity

recovery ratio: 1:15 exp: 150 meter – 20sec X 15 = 300 sec

$300\text{sec}/60 = 5 \text{ min recovery}$

exp: 3 -4 X 180 meters

exp: 4 -5 X 120 meters