

PARKVIEW



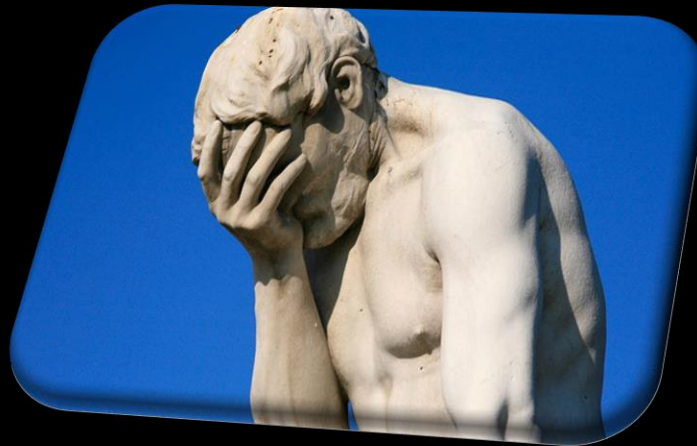
TRAINING PHASES TO PEAK AT THE RIGHT TIME:

OUR 400M BASE PHILOSOPHY

 **YEAR 1 = WHO I THOUGHT I WOULD BE**



 **YEAR 2 = OPPORTUNITY & A LIFELONG ADDICTION**



 SECRET TO SP³EED



**“THERE HAS NEVER BEEN A DONKEY
WIN THE KENTUCKY DERBY. THE
FAST-TWITCH FIBER IS THERE AND
ALWAYS HAS BEEN. WE DO NOT GIVE
IT TO THEM.”**

CLYDE HART, BAYLOR



 **COACHING GREAT DNA**

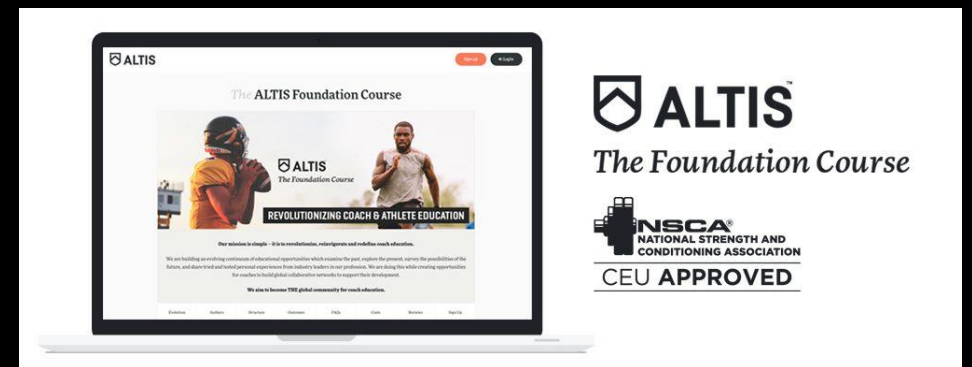


**“MIDDLE SCHOOL & HS COACHES
ARE LIKE MINING PROSPECTORS
LOOKING FOR GEMS. COLLEGE
COACHES ARE JEWELERS.”**

**“THE ONLY THING WORSE THAN
NOT HAVING A COACH IS HAVING A
BAD COACH.”**

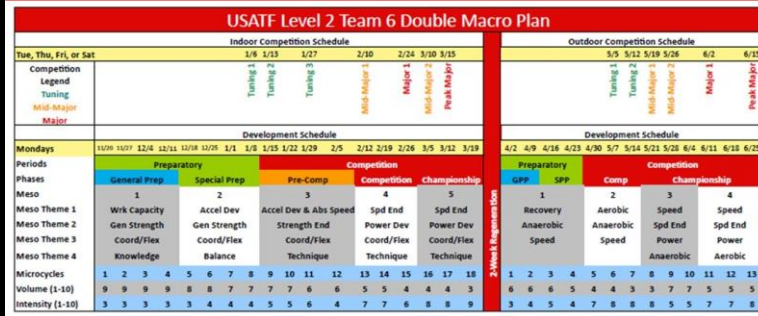
CLYDE HART, BAYLOR

 **WHAT THE BEST DO**
(OR SHOULD...)





PERSONAL RECORD: 47.20
 TRAINING AGE: 3
 CHRONOLOGICAL AGE: 18
 HEIGHT: 6' 0.5"
 WEIGHT: 170 LBS.
 INDOOR SEASON: JANUARY 15-MARCH 15
 OUTDOOR SEASON: MARCH 20 – LATE JUNE





REAL SECRET—

YOU ARE NOT DOING IT WRONG

SO WHAT EVENTS
DO NOT REQUIRE
ENDURANCE?

[illegible]

Categorization of Methods and Means

Here is an example of how energy system components can be categorized for planning.

Common Terminology	Length of Run	Component and Description of Objective	Energy System	Percent of Best Mark	Rest Interval Between Reps / Sets	Volume Range per session based on best race distance.						
						100 m200 m		400m 100mH		400mH		
						Min.	Max.	Min.	Max.	Min.	Max.	
Extensive Tempo	>200m	Aerobic Capacity [AC]	AEROBIC	<69%	<45" / <2'	1400	3000	1800	3000	2400	4000	
	>100m	Aerobic Power [AP]	AEROBIC	70-79%	30"-90"/2-3'	1400	1800	1800	2400	1800	3000	
Intensive Tempo	>80m	Lactacid Capacity [LCAP] Anaerobic Capacity	MIXED AER./ANAER.	80-89%	30"-5' / 3-10'	800	1800	800	2000	1000	2800	
Speed	20-80m	Speed [S]	ANAEROBIC	90-95%	3-5' / 6-8'	300	800	300	800	300	900	
		Anaerobic Power Alactacid Strength	ALACTIC	95-100%	3-5' / 6-8'	300	500	300	600	300	600	
	30-80m	Alactic Short Speed End. [ASSE]	ANAEROBIC	90-95%	1-2' / 5-7'	300	800	300	800	600	1200	
		Anaerobic Power Alactacid Capacity	ALACTIC	95-100%	2-3' / 7-10'	300	800	300	800	600	1200	
		Glycolytic Short Speed End.										
Speed Endurance	<80m	[GSSE] Anaerobic Capacity Anaerobic Power Lactacid Capacity	ANAEROBIC GLYCOLYTIC	90-95% 95-100%	1' / 3-4' 1' / 4'	300 300	800 800	300 300	800 800	600 600	1200 1200	
	80-150m	Speed Endurance [SE] Anaerobic Power Lactacid Strength	ANAEROBIC GLYCOLYTIC	90-95% 95-100%	5-6' 6-10'	300 300	900 600	600 300	1200 600	400 400	1000 800	
Special Endurance I	150-300m	Long Speed End. [LSE]										
		Anaerobic Power	ANAEROBIC GLYCOLYTIC	90-95% 95-100%	10-12' 12-15'	600 300	900 900	600 300	1200 1000	600 300	1200 1000	
Special Endurance II	300-600m	Lactacid Power [LAP] Lactic Acid Tolerance	LACTIC ACID TOLERANCE	90-95% 95-100%	15-20' FULL	600 300	900 600	600 300	1200 600	900 300	1200 900	

Categorization of Methods and Means

Here is an example of how energy system components can be categorized for planning.

Common Terminology	Length of Run	Component and Description of Objective	Energy System	Percent of Best Mark	Rest Interval Between Reps / Sets	Volume Range per session based on best race distance.					
						100 m	200 m	400m	100mH	400mH	
Extensive Tempo	>200m	Aerobic Capacity [AC]	AEROBIC	<69%	<45" / <2'	1400	3000	1800	3000	2400	4000
	>100m	Aerobic Power [AP]	AEROBIC	70-79%	30"-90"/2-3'	1400	1800	1800	2400	1800	3000
Intensive Tempo	>80m	Lactacid Capacity [LCAP] Anaerobic Capacity	MIXED AER./ANAER.	80-89%	30"-5' / 3-10'	800	1800	800	2000	1000	2800
Speed	20-80m	Speed [S]	ANAEROBIC	90-95%	3-5' / 6-8'	300	800	300	800	300	900
		Anaerobic Power Alactacid Strength	ALACTIC	95-100%	3-5' / 6-8'	300	500	300	600	300	600
	30-80m	Alactic Short Speed End. [ASSE] Anaerobic Power	ANAEROBIC	90-95%	1-2' / 5-7'	300	800	300	800	600	1200
		Alactacid Capacity	ALACTIC	95-100%	2-3' / 7-10'	300	800	300	800	600	1200
		Glycolytic Short Speed End.									

Speed Endurance	<80m	[GSSE] Anaerobic Capacity Anaerobic Power Lactacid Capacity	ANAEROBIC GLYCOLYTIC	90-95% 95-100%	1' / 3-4' 1' / 4'	300 300	800 800	300 300	800 800	600 600	1200 1200
	80-150m	Speed Endurance [SE] Anaerobic Power Lactacid Strength	ANAEROBIC GLYCOLYTIC	90-95% 95-100%	5-6' 6-10'	300 300	900 600	600 300	1200 600	400 400	1000 800
Special Endurance I	150-300m	Long Speed End. [LSE] Anaerobic Power	ANAEROBIC GLYCOLYTIC	90-95% 95-100%	10-12' 12-15'	600 300	900 900	600 300	1200 1000	600 300	1200 1000
Special Endurance II	300-600m	Lactacid Power [LAP] Lactic Acid Tolerance	LACTIC ACID TOLERANCE	90-95% 95-100%	15-20' FULL	600 300	900 600	600 300	1200 600	900 300	1200 900

**CHARTS FOR
ENERGY
SYSTEM**

62%

ANAEROBIC

38%

AEROBIC

**TRUST THE
PAW-CESS**

**NEED TO
PREPARE**

**ATTENTION
TO DETAIL**

**NATIONAL
PERFORMANCE**

**UNDERSTAND
RECOVERY**

**BE A
STUDENT**



SPRINTERS WORKOUT SCHEDULE

PARKVIEW PANTHERS

Coach Edwards
Coach Henson

4 PHASE WORKOUT (STATE)
5 PHASE WORKOUT (NATIONAL)

The warm up and cool-down will the same each day unless noted in the workout.

Phase	Begin	End
Conditioning	1.14.2019	2.10.2019
Tempo Speed Intro	2.11.2019	3.24.2019
Full Speed Endurance	3.25.2019	4.21.2019
Race Prep/Qualifying	4.22.2019	5.10.2019
National Championship	5.20.2019	6.13.2019



JANUARY							FEBRUARY							MARCH							APRIL							MAY							JUNE							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
	1	2	3	4	5	6					1	2	3					1	2	3	1	2	3	4	5	6	7			1	2	3	4	5						1	2	
7	8	9	10	11	12	13	4	5	6	7	8	9	10	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
14	15	16	17	18	19	20	11	12	13	14	15	16	17	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
28	29	30	31				25	26	27	28				25	26	27	28	29	30	31	29	30						27	28	29	30	31				24	25	26	27	28	29	30
JULY							AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
1	2	3	4	5	6	7					1	2	3	4						1		1	2	3	4	5	6					1	2	3							1	
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	
29	30	31					26	27	28	29	30	31	23	23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30			23	24	25	26	27	28	29
														30																					30	31						

PREPARED TO DEFEND. READY TO REPEAT.

**“STOP PUTTING
%’S ON
WORKOUTS.”**



**GABE SANDERS
STANFORD**

“Avoid the Hell weeks...” Phase

Dec. 10	11	12	13	14
4x600m@ 60% 4X300m@ 75% 2 min rest rep 5 min rest per set	TEAM MEEETING 2:30 PM Multi-Purpose Room	4 x 4 200m @ 75% 2 min rest per rep 4 in rest per set	Recovery	10 x 100m runs on grass 1 min rest
17	18	19	20	21
4 x500m @60% 5x 300m 70% 2 min rest per rep 3 min rest per set	Recovery	4 x400 70% 5x 100 80% 2 min rest per rep 3 min rest per set	Recovery	2 x 5 x 200m @60% 30 sec rest Form and tempo
24	25	26	27	28
4x600m @ 60% 4X300m@ 75% 2 min rest rep 5 min rest per set	6-8 150m @65% Jog recovery 150m Walk 100m	4 x 500m@60% 4 X 300m @ 60% 2 min rest per set 5 min rest per set	Recovery	10 x 100m runs on grass 1 min rest
31	Jan. 1	Jan. 2	Jan. 3	Jan. 4
Off	Off	Off	1 st Day of School Off	2 nd Day of School Off

60%=more than a jog

75%=more than 60%

75/80%=more than 75%

GENERAL CONDITIONING PHASE

JAN. 7	8	9	10	11
EVALS	PHYSICALS 6 PM New Gym Lobby	EVALS	Family Night	OFF FOR CLINIC
JAN. 14	15	16	17	18
4x600m @ 60% 4X300m@ 75% 2 min rest rep 5 min rest per set	Recovery & Plyos	4 x 4 x 200m @ 75% 2 min rest per rep 4 in rest per set	Recovery & Plyos	10 x 100m runs On grass 1 min rest
21 HOLIDAY	22	23	24	25
4 x500m @ 60% 5x 300m@ 70% 2 min rest per rep 3 min rest per set	Recovery & Plyos	4 x400m 70% 5x 100m 80% 2 min rest per rep 3 min rest per set	Recovery & Plyos	2 x 5 x 200m @60% 30 sec rest Form and Tempo
28	29	30	31	1
4x600m @ 60% 4X300m@ 75% 2 min rest rep 5 min rest per set	6-8 150m @65% Jog recovery 150m Walk 100m	4 x 500m @60% 4 X 300m @ 60% 2 min rest per set 5 min rest per set	Recovery & Blockwork/Relays	10 x 100 Meter runs On grass 1 min rest
4	5	6	7	8
Test Day 300m 150m	2 x 3 x 300m @ 75% 2 min rest per rep 4 min rest per set	10 x 100m runs On grass 1 min rest	Recovery & Blockwork/Relays	Test Day 55 seconds 45 seconds

During this Phase we will use the warmup to enhance the conditioning process.

There should be little rest and cut down on down time during the practice session.



**“DON’T ASK ME FOR
400M WORKOUTS IF
YOU ARE NOT
TRAINING WITH ME.”**

ANTONIO MCKAY

🐾 LAST WEEK

🐾 YESTERDAY

🐾 TOMORROW

TEMPO SPEED INTRO PHASE

FEB 11	12	13	14	15
6 x 400m @75% 4 min rest	Recovery and Plyos Blockwork/Relays	2 x300m-200m-100m-50m 85% Walk 100m rest 5 min between sets	Recovery 6 x 100m @ 85% 50m walk rest Blockwork/Relays	6 x 500m @ 60% 4 Min Rest
18 STUDENT HOLIDAY	19	20	21	22
3 x 4 x 200m @ 85% 3 min rest per rep 4 min rest per set	Recovery and Plyos Blockwork/Relays	6 x 150m @ 90% 10 min rest Block work	6-8 x 600m No time Form & Tech 1 min rest	Recovery Blockwork/Relays
25	26	27	28	March 1
2 x300m-200m-100m-50m 90% Walk 100m rest 5 min between sets	Recovery 6 x 100m @ 85% 50m walk rest Blockwork/Relays	6 x 400m @75% 4 min rest	Recovery Blockwork/Relays	Race Day Test Day
4	5	6	7	8
4 x 500m @ 85% 4 min rest per rep	Recovery 6 x 100m @ 85% 50m walk rest Blockwork/Relays	1 x 350m-300m-250m-200m- 150m-100m @ 85% 150 walk rest b/w reps	Recovery 6 x 100m @ 85% 50m walk rest Blockwork/Relays	Recovery 6 x 100m @ 85% 50m walk rest Blockwork/Relays
11	12	13	14	15
6-8 x 600m No time Form & Tech 1 min rest	2 x300m-200m-100m-50m 85% Walk 100m rest 5 min between sets	Recovery Blockwork/Relays	6 x 150m @ 90% 10 min rest Block work	Recovery 6 x 100 85% 50m walk rest Blockwork/Relays
18	19	20	21	22
6-8 x 600m No time Form & Tech 1 min rest	Recovery 6 x 100m @ 85% 50m walk rest Blockwork/Relays	3 x 4 x 200m @ 85% 3 min rest per rep 4 min rest per set	Recovery 4 x200@85% 50m walk rest Blockwork/Relays	Recovery Blockwork/Relays

Bold = Use this day as a day for your Speed Development for your 100/200 sprinters.

FULL SPEED ENDURANCE PHASE

March 25	26	27	28	29 WORKDAY
6 x 400m @ 75% 4 min rest	2 x300m-200m-100m-50m @ 85% Walk 100m rest 5 min between sets	Recovery 6 x 100m@ 85% 50m walk rest Blockwork/Relays	Recovery Blockwork/Relays	WORK DAY
APRIL 1	2	3	4	5
6 X600m no time 4 Min Rest	Recovery and Plyos Blockwork/Relays	1 x 350m-300m-250m- 200m-150m-100m @ 70% 150m walk rest b/w reps	Recovery 4 x 200m@90% 50m walk rest Blockwork/Relays	10 x 100m runs On grass 1 min rest b/w
8	9	10	11	12
4 x 500m @ 70% Walk 200m for rest	Recovery 4 x 200m@ 85% 50m walk rest Blockwork/Relays	Race Prep Blockwork/Relays	2 x300m-200m-100m-50m @ 85% Walk 100m rest 5 min between sets	Race Prep Blockwork/Relays
15	16	17	18	19
Recovery 4 x 200m@ 85% 50m walk rest Blockwork/Relays	3 x 300m @ % Goal Post recovery 150m @ %	Race Prep Blockwork/Relays	Tempo Breakdown 400m-300m-200m-100m	Middle School Championship
22	23	24	25	26
6 X600m no time 4 Min Rest	Race Prep Blockwork/Relays	6 x 150m @ 90% 10 min rest Race Prep Blockwork/Relays	Region Championship	Sectionals Qualifiers Meeting

Spring Break Workout

Bold = Use this day as a day for your Speed Development for your 100/200 sprinters

RACE PREP / QUALIFYING PHASE

April 29	30	May 1	2	3
1 x 300m-200m-100m-50m 85% Walk 100m rest 5 min between sets	Recovery 4 x 200m @ 85% 50m walk rest Blockwork/Relays	6 x 150m @ 90% 10 min rest Race Prep Blockwork/Relays	Race Prep Blockwork/Relays	Race Prep Blockwork/Relays
May 6	7	8	9	10
Tempo Breakdown 400m-300m-200m-100m	Race Prep Blockwork/Relays	Race Prep Blockwork/Relays	State Qualifying	State Field Events
13	14	15	16	17

Bold = Use this day as a day for your Speed Development for your 100/200 sprinters.

NATIONAL CHAMPIONSHIP PHASE (ELITE GROUP)

MAY 13	14	15	16	17
NO TRACK AT ALL—SPRING FOOTBALL				
20	21	22	23	24
FREE RINGS / NATIONAL RECORD-CHASING BEGINS				
27	28	29	30	31
3 x 300m @ % Goal Post recovery 150m @ %		Relay Work	Speed Maintenance Nothing over 60m Except stride-outs	
3	4	5	6	7
3 x 300m @ % Goal Post recovery 150m @ %		Relay Work	Speed Maintenance Nothing over 60m Except stride-outs	
10	11	12	13	14
Speed Maintenance Nothing over 60m Except stride-outs		Relay Work	Travel Warm-Up/Touches @ NC A&T	Outdoor Nationals In NC



- 🐾 **31 NSAF ALL-AMERICANS**
- 🐾 **NATIONAL RELAY CHAMPIONS**
 - 🐾 **SWEDISH MEDLEY***
 - 🐾 **4x100M**
 - 🐾 **4x200M**
- 🐾 **4x100M STATE CHAMPIONS**
 - 🐾 **2017***
 - 🐾 **2018***
- 🐾 **3 OF THE 2015-17 CREW**
 - 🐾 **ONE NEVER RAN BEFORE**
 - 🐾 **TROY**
 - 🐾 **OTHER WAS 12.62 FRESH**
 - 🐾 **CUMBERLANDS**
 - 🐾 **ONE GOT FIRED AT REGION**
 - 🐾 **NO IDEA**

2018 MEN'S 7A STATE CHAMPIONS

2018 MEN'S
SWEDISH MEDLEY
NATIONAL
CHAMPIONS



8 NSAF ALL-AMERICANS
2 USATF ALL-AMERICANS
3 USATF JR-OLYMPIANS

EMBRACE THE TRADITION. ESTABLISH YOUR LEGACY.

2018 Season Highlights

- 🐾 **SWEDISH MEDLEY NATIONAL CHAMPIONS** (back to back/different team!)
- 🐾 **8 NSAF All-Americans** (only 2 returned from 2017; 6 new ones)
- 🐾 **2 USATF All-Americans** (both returning)
- 🐾 **3 USATF Junior Olympians** (all returning)
- 🐾 **7A Men's Team State Champions** (most points scored in 7A history)
- 🐾 **4x100m Men's State Champions** (back to back)
- 🐾 **USTFCCCA Georgia Coach of the Year**
- 🐾 **GATFXCCA Relays Coach of the Year** (back to back)
- 🐾 **Atlanta Track Club All-Metro Coach of the Year**
- 🐾 **Gwinnett County Coach of the Year** (back to back)
- 🐾 **Gwinnett Daily Post Coach of the Year** (back to back)
- 🐾 **Region 7-7A Champions** (back to back)
- 🐾 **Region 7-7A Coach of the Year** (back to back)
- 🐾 **Region 7-7A Runner of the Year** (back to back—2 different athletes)
- 🐾 **Region 7-7A Field Event Athlete of the Year** (back to back—same athlete)
- 🐾 **Gwinnett County Runner of the Year** (back to back—2 different athletes)
- 🐾 **Gwinnett County Field Event Athlete of the Year**
- 🐾 **Gwinnett Daily Post Runner of the Year** (back to back—2 different athletes)
- 🐾 **Gwinnett Daily Post Field Event Athlete of the Year**
- 🐾 **Atlanta Track Club All-Metro 400m Runner of the Year**
- 🐾 **Atlanta Track Club All-Metro 4x100m Relay Team of the Year**
- 🐾 **Atlanta Track Club Bill Sheskey Outstanding Track Athlete Award/Scholarship**

2017 Season Highlights

- 🐾 **SWEDISH MEDLEY NATIONAL RECORD**
- 🐾 **SWEDISH MEDLEY/4X100M/4X200M NATIONAL CHAMPIONS**
- 🐾 **19 NSAF All-Americans**
- 🐾 **#4 Freshman in boys 400m & TJ at New Balance Nationals**
- 🐾 **4x100m Relay & 4x400m State Champions; two 400m/200m finalists / one 100m finalist**
- 🐾 **7A State Runners-Up**

2015-16 Season Highlights

- 🐾 **2016 800m Medley National Runners-Up**
- 🐾 **2016 State 4x100m Relay 3rd place; 4x400m 4th place; 400m 3rd place; team #10**
- 🐾 **PARADIGM SHIFT IN SPRINT TRAINING**
- 🐾 **2015 400m State Champion (freshman);**

 IT'S NOT JUST A JOB

 IT'S MORE THAN PASSION

 IT'S AN ADDICTION