

# Sprint Training Philosophies & Ideas

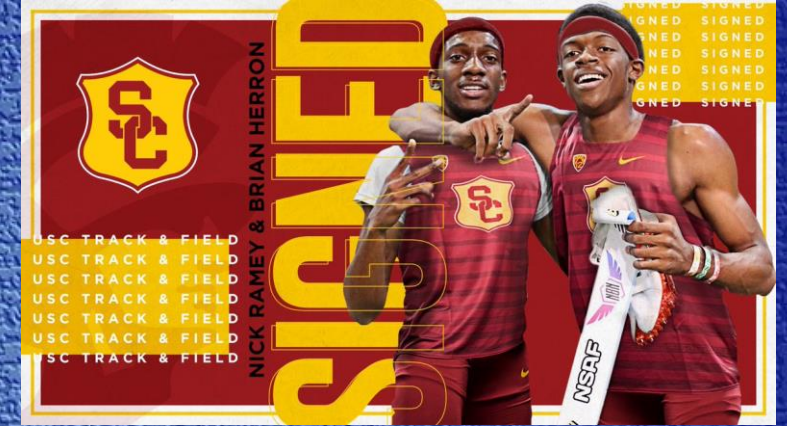
CEDRIC SAPP

MCEACHERN HIGH SCHOOL





# Recent Georgia Sprint Success



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# About me

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# You Don't Know, What You Don't Know

- Event Knowledge (“What I used to do...”)
- Continuing Education
- Acquiring a Coaching Clique
- Coaching Versatility (multiple event knowledge based on current team strengths)





# Know or Discover what works for you

- ▶ Be wary of following workouts you find online from various elite college or professional coaches (step by step/ word for word).
- ▶ Develop your own training system that fits your coaching style.
  - ▶ Trial and error
  - ▶ Continuing education classes/clinics
  - ▶ Using your coaching “clique”
  - ▶ Don’t be afraid to think outside the box



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# Plan for Success

▶ No Plan = No Success

▶ Training plan should include offseason training, weight training, microcycle and mesocycles, school breaks and all qualifying meets.





If your goal is to run fast.....  
Then practice running fast!!!!

Train slow = Run slow  
Train fast = Run fast





# HS General Conditioning (4-6 weeks) Part 1

## Phase 1

- ▶ Stadium Steps/Hills
- ▶ Circuit Training (strength & running)
- ▶ 10-20m Acceleration (from 3pt stance or blocks)
- ▶ Types of Runs: (400m base)
  - ▶ Diagonals
  - ▶ 2-5 min runs
  - ▶ 3min jog, 1 min form run, :30 sprint
  - ▶ 200m sprint/jog
  - ▶ 111's- various variations (1111, 1121, 1221, 1234, etc)



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# General Conditioning- Part 2

- ▶ Progressions to Intervals= Repeat tempo runs 400, 600m, 800m on grass or track
- ▶ 10-20m accelerations until technically correct, then gradually move to 30 or 40m
- ▶ Wickets/ Form 80m -150m buildups
- ▶ Testing- 30m accelerations and 30m flys , 10 step bounds, SLJ, 300m (every 3-4 weeks (For Clubs = Oct- Jan)



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# No practice target times= No point of training reference

- ▶ You must give the kids target times for reps and hold them accountable to making them.
- ▶ Make the time expectations realistic to where the kids currently are.
- ▶ The expected practice times must progressively get faster in order to continue the time drops throughout the season.
- ▶ Example: January 8x200 in :34/ April 8x200 in :29-:30





# Sprinters can run multiple different sprint races.

- ▶ Don't allow sprinters to pigeon hole themselves into only running the same races.
- ▶ Short sprinters can run some open 400's. It's O.K.!!!!
  - ▣ 100/200- 400
  - ▣ 400- 800
- ▶ Your best 100/200 kids will probably be one of your best 4x400 relay legs.
- ▶ Add longer races into your training plan for the week
- ▶ Get them ready for college training.

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# Training Inventory

Acceleration

0-30m



Maximum Velocity

30m-60m



Speed Endurance

70m-150m



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# Acceleration

(:4-:5 or less)

Should be the 1<sup>st</sup> part of all sprint training

- ▶ 4x3 x 20-30m sprints (3pt or blocks)
- ▶ 10x 30m sprints (3pt or blocks)
- ▶ 15-20m sled pushes or pulls
- ▶ 8-10x Short hill sprints (20m max)
- ▶ Med ball starts- 10-15m
- ▶ Various start positions (deadman, 3pt, seated, backwards, 1 knee down (switch), push up “up position”, push up “down position”)- 5-30m



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# Tempo

## (Short Recovery – 70-75% race pace)

- ▶ 8x200
- ▶ Repeat 300s, 400s
- ▶ Repeat 500s, 600s
- ▶ 6,4,4,2,2 or 600,600,400
- ▶ 250/150
- ▶ Split 400 (200/200)
- ▶ Split 500 (250/250 or 300/200)



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# Speed Endurance

(controlled by number of reps and recovery time)

- ▶ 150s, 250s
- ▶ 3x30, 60, 90
- ▶ 5x80
- ▶ 6-8x110
- ▶ 3x4x60
- ▶ 3x80, 3x125



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# Maximum Velocity (lasts :2-:3)

- ▶ 30-40m flys (ex. 20m, 30-40m, 20m)
- ▶ wickets
- ▶ 2x3x55 in/outs (15m,10m, 20m,10m)
- ▶ Sprint, Float, Sprint (80-120m total)



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# Special Endurance

90-95% of race pace

Full recovery between reps

- ▶ 3x350 (200/400/both)
- ▶ 4x175 (100/200)
- ▶ 2x450 (200/400)
- ▶ 2x350, 3x200 (200/400)
- ▶ 1x450, 2x150 (both)
- ▶ 450, 350, 3x80 (200/400)
- ▶ 3x500 (200/400)
- ▶ 1x500, 4x125 (both)



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# *Pay Attention!!!!!!!*

- ▶ When mechanics fail, the quality of speed will not be enhanced
- ▶ Your coaching ability is not determined by the amount of vomit on the track.



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# Sample Training (Ex. March) Microcycle- (Template)

100/200

Mon	Tues	Wed	Thur	Fri	Sat
Accel	Special Endurance	Tempo	Speed Endurance	Rest	Meet

200/400

Mon	Tues	Wed	Thur	Fri	Sat
Accel	Special Endurance	Tempo	Speed Endurance	Rest	Meet





100

200/400

Mon	Tues	Wed	Thur	Fri	Sat
3-4x 3x75m block starts, <b>wickets</b>	3x350 or 3x 300/200 <b>Hurdle Mobility</b>	8x200 tempo (75%), <b>Hurdle Mobility</b>	<b>Wickets</b> , 5x150 or 120m in/outs	Rest	Meet



# Why is strength training so important?

- ▶ General Strength Development
- ▶ Injury Prevention
- ▶ Develop Greater Force Application
- ▶ Develop Explosiveness (Elastic)



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# Your acceleration and max speed workouts must match what you are doing in the weight room

- ▶ Acceleration mechanics and power development go together.
- ▶ Routinely communicate with your strength coaches.
- ▶ Train to be a sprinter, not a football player or bodybuilder.





# Manage the “Moments”



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**EVERYONE WANTS TO  
BE A BEAST**

**UNTIL IT'S TIME TO  
DO WHAT REAL BEASTS DO**



# Q/A

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# Prepping and meet management

- ▶ Managing your JV kids
- ▶ Prepping for qualifying rounds.
- ▶ Your calm = their calm. Be prepared for anything.



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# Tinkering With The Toys

- ▶ Figuring Out Events for Athletes
  - ▶ Using Milesplit/Dyestat as a resource
  - ▶ Time Trials (30m, 150m, 300, SLJ, Bound, Overhead Throw)
- ▶ Fastest kid on your team always being a 100m runner.....not!



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