**PEAKING AT THE RIGHT TIME**

**BRAD HACKETT**

1. Overview
   1. Pre-Season Conditioning (Prep Phase)
   2. Specific Prep
   3. Peak Season
2. Facets to Peaking
   1. Weight Room
   2. Plyometrics
   3. Speed Workouts
   4. Event Specific Technique
3. Weight Room
   1. Maxing Out’
   2. Lining up the season
   3. Sets of 8
   4. Sets of 5
   5. Sets of 3
   6. When to back off prior to peaking
4. Plyos
   1. How to Quantify
   2. In Place Jumps
   3. Bounding
   4. Hurdle Hops
   5. When to back off prior to peaking
5. Speed Workouts
   1. Difference between a sprinter/jumper and a 400 runner
   2. 30’s/40’s/50’s
   3. In’s and Out’s
   4. When to do assistives
   5. When to back off for peaking
6. Technique
   1. Strength and Power related drills
      1. Sprinters – resistive work
      2. Jumpers – Box jumps/Multi Jump drills
   2. Speed Related Drills
      1. Sprinters – assistive work/slight downhill running
      2. Jumpers-Box drills – short run jumps
   3. When to back off prior to peaking