

***Themed Weeks for
Sprint Training***





Nick Buckvar
 npbuckva@gmail.com
 Ladue High School, St. Louis, MO

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***What are the demands of the event(s) we
are preparing for?***

- In order to get faster, the athlete must expand the energy systems used during each event

100m	200m	400m
-Purely Anaerobic -Speed Development ATP/CP Acceleration & Max Velocity -small speed endurance	-Speed Development ATP/CP Acceleration & Max Velocity -Heavy on Speed Endurance	Cycle through it all! -Speed Development ATP Acceleration & Max Velocity -Speed Endurance -Lactate Power -Anaerobic Threshold/Capacity -Extensive Tempo (aerobic)

- Because of this, often challenging to design an effective training program, THEMED CYCLES allows for all the energy systems to be trained

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What is a Weekly Theme

- Theme of the week allows us to FOCUS training
- Appropriately & thoughtfully work multiple energy systems and supplemental work
- TYPICALLY:** 3 week cycles, each week has a theme
 - Week 1: Speed** **Week 2: Strength** **Week 3: Recovery**
 - theme is incorporated in all aspects
 - Warm up, workout, weights, supplemental exercises- resistance work, meet events
- Work load increase: recovery
 - Overload/build in volume for 2 weeks, stabilize or lower for 1 week
 - 2:1 ratio, total of 3 weeks

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Advantages to Weekly Theme

- Theme of the week allows us to FOCUS training
- Won't neglect important aspects of training
 - Energy system work (typically touch each system every 7-10 days)
- Event specific focus for *most* athletes (Training & Racing)

LSU	100/200m Athletes
SPEED	100m focus
STRENGTH	200m focus
RECOVERY	Coach Assessment
BAYLOR	200m/400m Athletes
SPEED	200m focus
STRENGTH	400m focus
RECOVERY	Coach Assessment
OREGON	400m/800m Athletes
SPEED	400m focus
STRENGTH	800m focus
RECOVERY	Coach Assessment

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VARIABLES: VOLUME & INTENSITY

- **Volume:** (m) total distance of a session (or rep)
- **Intensity:** calculated off the athlete's performance in the event you are training for.
 - Date pace (current marks) & Goal pace (projected out 2-3 week)
- Target time= $(PR \times 100) / \text{percentage}$
 - Ex: 6x200m @ 85% effort, 200m PR= 23.0
 - $(23 \times 100) / 85 = 27.0$ seconds Target time
 - Non-race distance, divide the time by distance & multiply

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VARIABLES: VOLUME & INTENSITY

- **Week 1 Theme= Speed week:** volume ↓ intensity ↑
 - Not everything is speed as in all out max effort. Speed is for the energy system being worked (Special End @ 88-90%)
 - Energy System Focus: Speed Development instead of Lactate Threshold
- **Week 2 Theme= Strength:** volume ↑ intensity ↓
 - Energy System Focus: sub-in Lactate Threshold for Accel. session
 - Progression Work: Tempo work is slower end of the range w/more volume
- **Week 3 Theme= Recovery:** volume ↓ intensity ↑ or remain
 - flexibility in workout sequence. Assess what we need.
 - not a complete back down, just lower volume than week 2

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Meso-Cycle Themes

- **Meso-cycle:** 3 week period, each week has a theme
 - Week 1: Speed Week 2: Strength Week 3: Recovery
 - theme is incorporated in all aspects
 - Warm up, workout, weights, supplemental exercises- resistance work, meet events

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Complement the theme of the cycle

WK 1: Speed

- RACES: (meets are training)
- shorter end of their range
 - Shorter to add speed work

RESISTANCE WORK

- lighter & faster sleds (15-25% BW)

WEIGHT ROOM:

- Prioritize bar speed & speed of movements
- 70-75%
- EX: Pull Ups w/ band
- additional plyos

WK 2: Strength

- RACES: (meets are training)
- longer end of their range
 - longer to add strength work

RESISTANCE WORK

- Heavier sled w/ more emphasis on (20-30%BW)
- 200/400, weight vest or tire tow to end session

WEIGHT ROOM:

- Build up in volume and percentage of weight
- 80-85%
- EX: Weighted pull ups

WK 3: Recovery

- RACES: (meets are training)
- What do we need?
 - Main event specialty

RESISTANCE WORK

- What do we need?

WEIGHT ROOM:

- few reps, higher percentage of weight
- 90-95%

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Structuring a Week of Training: Meso-Cycle

Progressive Loading Principles when planning workouts and progressing workouts: VOLUME & INTENSITY

- inverse relationship: V ↓ I ↑ OR V ↑ I ↓
- Weekly Themes 1: *SPEED* 2: *STRENGTH* 3: *RECOVERY*

Theme	MON	TUES	WED	THUR	FRI	SAT
Week 1 Speed	Accel., power	Int. Tempo (85-87%)	Active Rec.	Speed Endurance (90+%)	Pre-Meet	COMPETE
Week 2 Strength	Special End 1 (85-90%)	Ext Tempo (83-88%)	Active Rec.	Lactate Threshold (85-90%)	Pre-Meet	COMPETE
Week 3 Recovery	Special End 1 (90-93%)	Intensive Tempo (backend 400 pace)	Active Rec.	Race Specific Endurance (90%- Race Pace)	Pre-Meet	COMPETE

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Themes for 100m/200m						
Theme	MON	TUES	WED	THUR	FRI	SAT
Week 1 <i>Speed- 100m focus</i>	Speed Develop.	Intensive Tempo	Active Recovery	Short Speed Endurance OR Max Velocity	Pre-Meet	COMPETE 100, 4x1, 4x2
Week 2 <i>Strength 200m focus</i>	Speed End	Ext Tempo	Active Recovery	Lactic Work	Pre-Meet	COMPETE 4x2, 200, 4x1
Week 3 <i>Recovery</i>	Speed Develop.	Lactic work or Intensive Tempo	Active Recovery	Race Specific Endurance/ model	Pre-Meet	COMPETE
Theme	MON	TUES	WED	THUR	FRI	SAT
Week 1 <i>Speed 100m</i>	Ladder drill 6x20m Sweeper drill 3x20 Blocks: 3x20m, 3x30m, 2x50m Total 430m	4x2 exchanges 5x120 @ 88% 3min 1300m	Hurdle mobility Block tech 4x1 stationary drill	4x1 exchanges 2x3x80m @ 95% 4min b/w reps 8min b/w sets PLYOS (720m)	Pre-Meet	COMPETE 100, 4x1, 4x2
Week 2 <i>Strength 200m</i>	4x220m @ 93% 8-10min PLYOS (880m)	2x3x200 @ 85% 2:30 b/w reps, 4min b/w sets (Total 1200m)	Hurdle mobility Block tech 4x1 stationary drill	2(3x30-250) @ 88% 1min, 5min...10' sets	Pre-Meet	COMPETE 4x2, 200, 4x1 (4x4)
Week 3 <i>Recovery</i>	Bounding series Multi Throws STARTS: on turn 3x30m, 3x 60m, 1x80 (TOTAL 350m)	5x270m @ 85% 6min 1350m	Active Recovery	2x20m starts on turn 2x30m starts on turn 3x3x flying 120' s (set up & work last 120 of 200m race). (Total 460m)	Pre-Meet	COMPETE

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Themes for 200m/400m						
Theme	MON	TUES	WED	THUR	FRI	SAT
Week 1 <i>Speed 200m</i>	Accel. & Power	Intensive Tempo	Active Recovery	Speed Endurance	Pre-Meet	COMPETE 4x2, 200, 4x1
Week 2 <i>Strength 400m</i>	Special End 1	Ext Tempo	Active Recovery	Lactate Threshold	Pre-Meet	COMPETE 4x2, 400, 4x4
Week 3 <i>Recovery</i>	Special End 1	Intensive OR Ext Tempo	Active Recovery	Race Specific End	Pre-Meet	COMPETE
Theme	MON	TUES	WED	THUR	FRI	SAT
Week 1 <i>Speed 200m</i>	Bounding/Plyos Sled Pulls Block Starts Total 400m	6x200m @ 88% 2 in rest 1200m	Hurdle mobility Block tech 4x1 stationary drill	2x3x120m @ 93% 5min b/w reps 8min b/w sets PLYOS (720m)	Pre-Meet	COMPETE 4x2, 200, 4x1 or 4x4
Week 2 <i>Strength 400m</i>	2x450m @ 88% 4x200m @ 85% 1700m	8-10x200m @ 85% 2min rest 4-5x50m w/ vest 1600m	Hurdle mobility Block tech 4x1 stationary drill	4x300m @ 85% 6min 2x200m @ backend pace 1600m	Pre-Meet	COMPETE 4x2, 400, 4x4
Week 3 <i>Recovery</i>	1x450m @ 93% 1x320 @ 93% 3x200 @ 85% 1300m	4x2 exchanges 6x200m @ GBP pace 3min 1200m	Active Recovery	Race Modeling 3x250-300m @ 87% 8min rest (750-900m)	Pre-Meet	COMPETE

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How We Get it Done

- Know the end goal:
 - What workout indicates optimal PR readiness?
 - Do the work to *DO THE WORK (no magic pill)*
 - Figure out how to get there (how much time do we have?)
- Always prepare the athletes for what's next...by *building the capacity to do what's next*
 - Work our way towards **what is required**
 - Individualize within the group
- STAPLE WORKOUTS & PROGRESSIONS

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PR Readiness					
How much time do we have?					
Work backwards					
W1	Speed	70% Anaerobic	30% Aerobic		
W2	NBNI	Strength	60% Anaerobic	40% Aerobic	
W3	SP. BREAK	Reload	50% Anaerobic	50% Aerobic	
W4		Recovery	60% Anaerobic	40% Aerobic	
W5	LIND/MARQ	Speed	70% Anaerobic	30% Aerobic	
W6	ARCADIA?	Strength	60% Anaerobic	40% Aerobic	
W7	KU	Reload	50% Anaerobic	50% Aerobic	
W8	LADUE	Recovery	60% Anaerobic	40% Aerobic	
W9	K-WOOD	Speed	70% Anaerobic	30% Aerobic	
W10	CONF	Strength	60% Anaerobic	40% Aerobic	
W11	DIST	Reload	50% Anaerobic	50% Aerobic	
W12	SECTIONAL	Speed	70% Anaerobic	30% Aerobic	
W13	STATE	Recovery	60% Anaerobic	40% Aerobic	

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STAPLE WORKOUTS & PROGRESSIONS	
BAYLOR	(DAY 1) Special Endurance 1: (longer lactic capacity training)
SPEED	2x350-500 @ 88-90%
STRENGTH	2 x 450-500m 85-88%
RECOVERY	1x450, 1x350 @ 90-93%
BAYLOR	(DAY 2) Extensive Tempo—Intensive Tempo (aerobic)
SPEED	4x200m, 2x150 @ CBP (current backend pace) 2min (1,000-1300m)
STRENGTH	8x200@ 85% 2min rest, 4x80m weight vest/tire pull (1,100-1400m)
RECOVERY	? X 200m @ GBP (backend pace) Be ready to adjust (900-1300m)
BAYLOR	(DAY 3) Special Endurance II: (Lactic Capacity & Lactic Power)
SPEED	2x (220-3x40m-180)@93% or 6-8x100 @ 95% 6min rest (Lactic Power)
STRENGTH	5x300m @87% 6min rest (Lactic Capacity)
RECOVERY	3-4x 220m @ Goal Pace

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Special Endurance 1 workouts (longer lactic capacity)	
END GOAL: run 2x320m @ 93-95% of Goal PR	
• But my athletes won't run a 500!	
– *** Always prepare the athletes for what's next...by building the capacity to do what's next ***	
– ex: 3x6x100 w/ 25 seconds rest 15 sec /100m!	
– ex: 3x8x100 w/ 25 seconds rest	
– Eventually we've built the capacity to complete	
1-2x500m or 600m @ 88-92% 1:30 for a 49.5 kid	
– Ask yourself “How can MY kids accomplish the work?”	
• ex: 3x200@ 88% 30 seconds rest	
– Many roads, just know the WHY	

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TEMPO

- **Build aerobic capacity** to do the *necessary* work
 - **END GOAL:** lock in & replicate the pace of the last 200m of a goal time 400m.
- Training age consideration ↔
- Progression: Int. (88%- BERP, SP WK) Extensive (>85%, Str. Wk)
- Secret Ingredient---**REST** 90sec-2min (max)
- HOW TO GET THERE...
 - Path of shorter reps
 - (3x4x50m) @ goal backend race pace or 85-88%
 - When they are ready, move to the next thing
 - 4x3x80m ➡ 4x2x120m/150m ➡ 6x180m

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Repeat 200s

- Progression really starts in **Late Specific Phase** into **Comp. Phase**). Prior work is “foundation”
- **END GOAL:** lock in & replicate the pace of the last 200m of a goal time 400m. (Ex: 50.X approx. 24 low/26.XX)
 - progress to backend race pace
 - Date pace (current 400) & GP(projected out 2-3 weeks)
 - Rest time needs to be short, 90sec-2:30 (max)
 - Aim for as short a rest period as they can handle
 - Manipulate the intervals as needed to keep the pace, count overall volume, not how many 200s
 - Combinations of 220m, 200m, 180m, 150m, 120m, 50m
 - Shorter the interval = shorter rest
 - Break into sets 2x (4x200) 2min b/w reps, 5-6 b/w sets

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PR Readiness

How much time do we have?

Work backwards

LSU TRAINING CYCLES				ALY/COLITE			
W1	Nov 18	Transition		W1	SEASON OPEN	Transition	
W2	Nov 25	Therapeutic		W2	NBNI	Speed	
W3	Dec 2			W3		Strength	SPRING BREAK
W4	Dec 9			W4		Recovery	
	Dec 16	Finals		W5	LIND/MARQ	Speed	PROM
	Dec 23	Winter Break		W6	ARCADIA?	Strength	
	Dec 30	Speed	Winter Break	W7	KU	Recovery	
	Jan 6	Strength	back to school	W8	LADUE	Speed	
	Jan 13	Recovery	CHS (80, 300)	W9	K-WOOD	Strength	
	Jan 20	Speed	PSU (80, 300)	W10	CONF	Recovery	
	Jan 27	Strength		W11	DIST	Strength	
	Feb 3	Recovery	LNU (4, 2)	W12	SECTIONAL	Speed	
	Feb 10	Speed		W13	STATE	Recovery	
	Feb 17	Strength	WISN (4, 2)				
	Feb 24	Dead Week					
W1	SEASON OPEN	Transition					
W2	NBNI	Speed					
W3		Strength	SPRING BREAK				
W4		Recovery					
W5	LIND/MARQ	Speed	PROM				
W6	ARCADIA?	Strength					
W7	KU	Recovery					
W8	LADUE	Speed					
W9	K-WOOD	Strength					
W10	CONF	Recovery					
W11	DIST	Strength					
W12	SECTIONAL	Speed					
W13	STATE	Recovery					
W14							
W15							
W16	STATE NATL						

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STAPLE WORKOUTS & PROGRESSIONS

LSU	SPEED DEVELOPMENT (DAY 1)
SPEED (100m)	Acceleration Focus
STRENGTH (200m)	Acceleration Focus (resistance based)
RECOVERY	
LSU	INTENSIVE TEMPO (DAY 2)
SPEED (100m)	Shorter reps w/ short rest (3x4x50m) @85-88%
STRENGTH (200m)	Longer reps w/ short rest (120-200m = 800-1200m total) @85-88%
RECOVERY	
LSU	SPEED ENDURANCE / SPECIFIC ENDURANCE (DAY 3)
SPEED (100m)	Short for 100m Mid/Race Top End
STRENGTH (200m)	Longer for 200m Mid/Race Top End
RECOVERY	

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Current Application						
Planned vs Actual						
	Mon 1/6	TUE 1/7 SCHOOL	WED 1/8	THURSDAY 1/9	FRIDAY 1/10	SAT 1/11
transit	WORKOUT: SNOW DAY	3x4x100@85%	SNOW DAY	2x100@ 87% 3x150 @ 85 (40 sec) 3x200 @ paces 2min treadmill 2x1.32, 4x0.3x57	SNOW DAY	treadmill (2800m) 14x37 seconds
	MONDAY 1/13	TUESDAY 1/14	WED 1/15	THURSDAY 1/16	FRIDAY 1/17	SAT 1/18
	Acceleration	Ext Tempo: 1.5x200@ pace 5F (102 F treadmill) 1x1-45, 2x45 sec, 3x55 sec 1x90 sec	OFF DAY EXT: 15x40D parking lot 3x4x100 @ 88%	Speed Development: 3x3x150 @ 400 Race Pace Speed End: parking lot 4x130m @90%, 5min rest	Travel -acclimate to facility -Shakedown @ track -Hurdle Mob	HOCKA: Chicago DB: 60m, 40m, 300 AR: 600, 300 LM: 60, 60, 300 RW: 300 only
	MONDAY 1/20	TUESDAY 1/21	WED 1/22	THURSDAY 1/23	FRIDAY 1/24	SAT 1/25
	NO SCHOOL	Special End 1 2x500@ 87% 3x400 @ 85 (90 sec) 3x200 @ paces 2min Acceleration (inade) 4x20m, 4x30m, stair land Treadmill (8x3x30 sec)	EXT: Tempo: 1.5x200@ pace Snow & ice Snow & ice Ext: Tempo/treadmill 4x2x130m @ 93% 30 sec-4min	Special End II 3x (3x50m-300) @ 87% Snow & ice Ext: Tempo/treadmill 16x37 seconds (90 sec rest)	Pre meet	DB: 66m, 800 AR: 1500-600 LM: 60, 300
	MONDAY 1/27	TUESDAY 1/28	WED 1/29	THURSDAY 1/30	FRIDAY 1/31	SAT 2/1
	Acceleration	Ext Tempo	WARM WARM	Speed Endurance	OFF DAY	
RELOAD WEEK	3x20 sled push 3x30 sled pull 3x30 sled & blocks 3x30 blocks only	see where we are???? 1.5x200@ pace 2min 7x200 2min 2x200 3-4min 4x200 2 min	OFF Alactic Phosphate 2x(220-3x40-220)@93%	Speed Endurance OFF DAY: Active Recovery	Special End I 1x100@ 88%, 1x 450 4xH? 3x100 w/ 30 sec 3x200 @ paces	
	MONDAY 2/3	TUESDAY 2/4	WED	THURSDAY 2/6	FRIDAY 2/7	SAT 2/8
	Alactic Phosphate	Ext Tempo		SPEED DEVELOPMENT	Travel	Eastern Indoor
RECOV WEEK	6x150 @ 85 pace 3min rest	5x200 @ backward pace 3 min	OFF	3x40 hold up (legs w/ feet exchanges) 3x3 wall drill & arms only 4x20m block, lane 1 & 2 3x20m @ 93% 6 min rest 30m Push & accelerate, 30m Carry the (rhythm, 30m short & quick turnover)	-acclimate to facility -Shakedown @ track -Hurdle Mob	AR: 400, 4x4 AR: 800, 4x4 LM: 60, 200, 4x4

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Closing Thoughts

- Be prepared to make adjustments to your sessions on the fly
 - Risk vs. Reward
 - DON'T BE AFRAID TO TRAIN FAST
- Do everything with a purpose! Target an energy system, but remember no on/off switch
- Seek out mentors & experts
- Don't be afraid to try something new, rooted in solid principles
- Challenge your athletes, expect more from your athletes
- HAVE FUN!!!

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Have More Questions?

- Contact me npbuckva@gmail.com

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