



Coaching Everything?

How to Intersect Sprints, Jumps & Hurdles

Chad Gunnelson, MM, CSCS
Augustana College

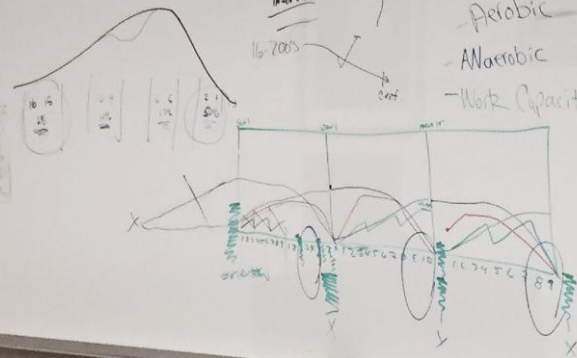


Summer Off-Season 80/20
Fall Pre-Season 60/40
Winter Early Season 40/60
Spring Late Season 20/80

Extensive aero
Spec End II
Intensive aero
Spec End II
Speed
Acceleration

Aerobic
Anaerobic
Work Capacity

16-2000s



Summer Off-Season 80/20

Fall Pre-Season 60/40

Winter Early Season 40/60

Spring Late Season 20/80



Longer

NY week

Faster

21-28 day process

Performance outcomes

Semi-Poses

Indoor

Outdoor

No Semi-Poses

JUNE

$$16 \times 200$$

$$+ 18 \times 200 @ X 2 \text{ min } K$$

$$- 18 \times 200 @ X 2 \text{ min } R$$

What is reload?

60% OFF previous?

5 men 10.7 41.37

5 men 48.5 3.14

5 women 126 42.97

57.75 3.51



Summer
Off Season
80/20

JUNE JULY AUGUST

Fall
pre-season
60/40

SEP OCT NOV DEC

Winter
Early Season
40/60

JANUARY FEB MARCH APRIL MAY

Spring
Late Season
20/80

JUNE

$$16 \times 100$$

$$+ 18 \times 200 @ 50\%$$

$$- 18 \times 200 @ 50\%$$

What is reload?
60%?
OFF PREVIOUS

$$5 \text{ men}$$

$$\frac{109}{241.5}$$

$$5 \text{ men}$$

$$\frac{126}{432.9}$$

X

More in
support
training

1234

Finals

NY week

Faster

Longer

$$240 \times 200 \quad 48000$$

$$120 \times 200 \quad 24000$$

$$240 \times 200 \quad 48000$$

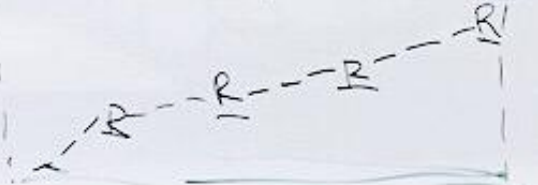
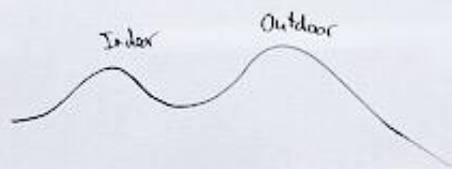
Semi-Peaks

No Semi-Peaks



Performance
outcomes...

21-28 day process



The PLAN

Build Your Outline BEFORE The Season Starts!

- Start with the end in mind/final meet
 - What qualities do you need to build?
 - What skills do you need to develop?
 - What experiential learning must take place for the athlete to feel prepared?



The PLAN

I DON'T HAVE TIME!

Build Your Outline BEFORE The Season Starts!

- Start with the end in mind/final meet

I DON'T KNOW WHERE

TO START!

- What qualities do you need to build?
- What skills do you need to develop?
- What experiential learning must take place for the athlete to feel prepared?





Where to start?

- SPEED
- POWER
- MOVEMENT SKILL/PROFICIENCY
- DIRECT EXPERIENCE > DRILLS
- TECHNIQUE



What you're working with:

- 13 Week Season
- Min. pre-season/off-season training
- Training age of 0-3 year olds
- Hallway, hills, sidewalks, snow covered tracks & a gym floor 1x/wk
- A whole lot going on!

The Season

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Practice Pre-Meet	Dual Meet Practice	Practice Post-Meet Pre-Meet	Dual Meet Invite Practice	Invite Practice	Invite Practice



The Season

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Practice Pre-Meet	Dual Meet Practice	Practice Post-Meet Pre-Meet	Dual Meet Invite Practice	Invite Practice	Invite Practice



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The Season

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Practice Pre-Meet	Dual Meet Practice	Practice Post-Meet Pre-Meet	Dual Meet Invite Practice	Invite Practice	Invite Practice
First Day MARCH 10 State Meet June 6-7	11 Weeks before Regionals	2 more days before Sectionals	78 Days 65 w/out Sat	15-18 Meets - 60 Days or 47 Days	If you remove pre/post meet 2-3 total weeks!



Pick 3 KPI's

- **SPRINTS**
 - **Block starts!**
 - **Race strategy**
 - **Min. effective dose of ESD**

Pick 3 KPI's

- JUMPS
 - Approach/Approach/Approach
 - Proper Takeoff!
 - Complete Jumps

Pick 3 KPI's

- HURDLES
 - Actual hurdling > drills
 - Proper approach!
 - Inter-hurdle rhythm

A	B	C	D	E	F	G	H	I	J	K	L	M
MESO 1	Monday			Tuesday	Wednesday			Thursday	Friday			Saturday
	9-Sep-24			10-Sep-24	11-Sep-24			12-Sep-24	13-Sep-24			14-Sep-24
Week 1	MEETING			OYO				OYO				OYO
	Warmup	NORWAY		Warmup	*TECH DAY*			Warmup	SWEDEN			
	Testing	Standing Long Jump	3x	400/800	Testing			400/800	Overhead Back			400/800
	Emp.	Accel	100M	1-2mi WU	Emp.		150M	1-2mi WU	Tempo		800-Mile	Run
		Projection/Rhythm		8x200				6x300	Energy Mgmt			30-40min
		Starts		*@75%	*TECH DAY*			*@75%				or
	Explosive	Split Jerk Alternating	4x6Alt	1-2miCD	Explosive		Snatch+OH Squat	4x6	Explosive		Clean+Front Squat	4x6
	KnDom	KB/DB Split Squat	3x12e		KnDom		KB Goblet SL Box Squat	3x12e	KnDom		Hex Bar Deadlift	3x12
	HipDom	DB Hip Thrust	3x12		HipDom		BB RDL	3x12	HipDom		KB Alt Stepback Lunge	3x12T alt
	Push	DB Flat Bench	3x12		Push		Standing DB Curl to Press	3x12	Push		DB Incline	3x12
	Pull	DB SA Supported Row	3x12		Pull		Plate Pullovers	3x12	Pull		Pullups	3x12+
	Core	Partner Palloff Alphabets	2x		Core		Carver KB 1Up Lap R/L	x1e	Core		1/2 Kneeling Lifts	2x12e
		Stab. Ball Body Saws	2x12				1/2 Kneeling Moons R/L	2x12e	Hamstring Prehab		Stab. Ball Curl 2in2out	2x12
	16-Sep-24			17-Sep-24	18-Sep-24			19-Sep-24	20-Sep-24			21-Sep-24
Week 2	MEETING			OYO				OYO				OYO
	Warmup	NORWAY		Warmup	*TECH DAY*			Warmup	SWEDEN			
	Emp.	Accel/Starts		400/800	Testing			400/800	*makeup*			400/800
		Projection/Rhythm		MILEAGE	Emp.			1-2mi WU	Tempo			Run
	Testing	10x200	2000 All	and/or				12-16	Energy Mgmt			30-40min
	Explosive	Split Jerk Alternating	4x6Alt	BIKE	*TECH DAY*			100s on	*TECH DAY*			or
	KnDom	KB/DB Split Squat	3x12e	and/or	Explosive		Snatch+OH Squat	4x6	Explosive		Clean+Front Squat	4x6
	HipDom	DB Hip Thrust	3x12	XTRAIN	KnDom		KB Goblet SL Box Squat	3x12e	KnDom		Hex Bar Deadlift	3x12
	Push	DB Flat Bench	3x12		HipDom		BB RDL	3x12	HipDom		KB Alt Stepback Lunge	3x12T alt
	Pull	DB SA Supported Row	3x12		Push		Standing DB Curl to Press	3x12	Push		DB Incline	3x12
	Core	Partner Palloff Alphabets	2x		Pull		Plate Pullovers	3x12	Pull		Pullups	3x12+
		Stab. Ball Body Saws	2x12		Core		Carver KB 1Up Lap R/L	x1e	Core		1/2 Kneeling Lifts	2x12e
							1/2 Kneeling Moons R/L	2x12e	Hamstring Prehab		Stab. Ball Curl 2in2out	2x12
	23-Sep-24			24-Sep-24	25-Sep-24			26-Sep-24	27-Sep-24			28-Sep-24
Week 3	MEETING	*TECH DAY*		OYO				OYO	*TECH DAY*			OYO
	Warmup	NORWAY		Warmup	*TECH DAY* HURDLES			Warmup	SWEDEN			
	Emp.	Accel/Starts		400/800	Emp.			400/800	Tempo			400/800
		Projection/Rhythm		1-2mi WU				MILEAGE	Energy Mgmt			Run
		TECH DAY		6-5-4-3-2	*TECH DAY*			and/or	*TECH DAY*			30-40min
	Explosive	Split Jerk Alternating	4x6Alt	1-2miCD	Explosive		Snatch+OH Squat	4x6	Explosive		Clean+Front Squat	4x6
	KnDom	KB/DB Split Squat	3x12e		KnDom		KB Goblet SL Box Squat	3x12e	KnDom		Hex Bar Deadlift	3x12
	HipDom	DB Hip Thrust	3x12		HipDom		BB RDL	3x12	HipDom		KB Alt Stepback Lunge	3x12T alt
	Push	DB Flat Bench	3x12		Push		Standing DB Curl to Press	3x12	Push		DB Incline	3x12
	Pull	DB SA Supported Row	3x12		Pull		Plate Pullovers	3x12	Pull		Pullups	3x12+
	Core	Partner Palloff Alphabets	2x		Core		Carver KB 1Up Lap R/L	x1e	Core		1/2 Kneeling Lifts	2x12e
		Stab. Ball Body Saws	2x12				1/2 Kneeling Moons R/L	2x12e	Hamstring Prehab		Stab. Ball Curl 2in2out	2x12
	30-Sep-24			1-Oct-24	2-Oct-24			3-Oct-24	4-Oct-24			5-Oct-24
Week 4	MEETING	*TECH DAY*		OYO				OYO	*TECH DAY*			OYO
	Warmup	DENMARK		Warmup	*TECH DAY*			Warmup	SWEDEN			
	Emp.	Speed		400/800	Emp.			400/800	Tempo			400/800
		Posture/Bounce		MILEAGE				MILEAGE	Energy Mgmt			Run
		TECH DAY		and/or	*TECH DAY*			and/or	*TECH DAY*			30-40min
	Explosive	Snatch+OH Squat	4x6	BIKE	Explosive		Split Jerk Alternating	4x6Alt	Explosive		Clean+Front Squat	4x6
	KnDom	KB Goblet SL Box Squat	3x12e	and/or	KnDom		KB/DB Split Squat	3x12e	KnDom		Hex Bar Deadlift	3x12
	HipDom	BB RDL	3x12	XTRAIN	HipDom		DB Hip Thrust	3x12	HipDom		KB Alt Stepback Lunge	3x12T alt

MESO 1 - INDOOR SEASON - JANUARY 2025

INDOOR MESO 1	Monday 6-Jan-25	Tuesday 7-Jan-25	Wednesday 8-Jan-25	Thursday 9-Jan-25	Friday 10-Jan-25	Saturday 11-Jan-25
Week 1	Warmup Sweden Emp. TEMPO/REGEN Explosive Full Routine 8-10e Circuit REGENERATION STATION 8 (circuit / 2x) Foundational Movement Crawls & Carries 7th-Planar Stretching RTM Intervals 5 min each non-impact cardio Foam Roll Full Routine AGAIN! 8-10e Meeting Event Groups/Coaches Clean / organize training areas in PepsiCo	Warmup Denmark Emp. ACCELERATION Explosive weighted SIBk Lunge+Jum 4x3e BLOCKS BLOCKS BLOCKS *TECH* HJ / PV / Hurdles *SS* Horizontal Jumps A LIFT Power Heavy Tank Push 3xFC Core Par Chest Pass 3x5 (A) OH Throw >>> Ath.Pos. Slam+Parallel Throw >>> Push HEAVY DB INCLINE 4x6 Pull HEAVY DB ROW 4x6-8	Warmup Norway Emp. SPEED Explosive Split Jerk Alternating 4xET WICKETS & 45s RUN TEST* *TECH* Horizontal Jumps *SS* HJ / PV / Hurdles B LIFT Elastic St Rep Split Jerks for Speed 4x10T Total BB Thruster (Deep) 4x6-8 KnDom 12" Explosive Step Down 4x6e HipDom SB Speed Leg Cuts 2/2 4x6-8 Calf Split Elevated BL Raises 4x6-8 Core SB Body Saws 4x10	Warmup Sweden+ Emp. CAPACITY EXT. TEMPO BASED ON GROUPS *TECH* HJ / PV *SS* Horizontal Jumps REGENERATION STATION 8 (circuit / 2x) Non-impact Mobility Hurdle Mob - BASIC Myofascial Full Foam Roll Routine 8-10e	Warmup Denmark Emp. ACCELERATION Explosive BB Skip for Dist. 4xFC BLOCKS / ACCEL / TRANSITION *TECH* Horizontals / Hurdles *SS* HJ / PV C LIFT Total BB Thruster (Deep) 4x6 Push HEAVY DB BENCH 4x6 Pull Pullup or LatPulldown 4x8-10 Core Par Chest Pass (SL) 3x5e (B) OH Throw (SL) >>> Split ILF Slam+Paup Throw >>>	Warmup Sweden Emp. TEMPO/REGEN Foam Roll Full Routine Circuit REGENERATION STATIONS (circuit / 2x) Foundational Movement Crawls & Carries 7th-Planar Stretching RTM Intervals 5 min each non-impact cardio Foam Roll Full Routine AGAIN! 8-10e Meeting Event Groups/Coaches Clean / organize training areas in PepsiCo
Week 2	Warmup Denmark Emp. ACCELERATION Explosive weighted SIBk Lunge+Jum 4x3e BLOCKS BLOCKS BLOCKS *TECH* HJ / PV / Hurdles *SS* Horizontal Jumps A LIFT	Warmup Norway Emp. SPEED ENDURANCE Explosive Split Jerk Alternating 4xET WICKETS & LONG SPEED END. *TECH* Horizontal Jumps *SS* HJ / PV / Hurdles B LIFT	Warmup Sweden Emp. REGENERATION Foam Roll Full Routine 8-10e Circuit REGENERATION STATION 8 5 min each non-impact cardio EVENT SPECIFIC CIRCUIT 8 Foam Roll Full Routine AGAIN! 8-10e Meeting Meet Prep / KPIs	Warmup Norway Emp. SPEED Explosive BB Skip for Dist. 4xFC MAX VELOCITY *TECH* HJ / PV / LJ / TJ / Hurdles *SS* ALL C LIFT	Warmup Sweden Emp. REGEN/CAPACITY/PRE-MEET Foam Roll Full Routine 8-10e REGEN TEMPO BASED ON GROUP *TECH* PRE-MEET / ALL HANDOFFS REGENERATION STATION 8 (circuit / 1x)	MEET DAY @ Saint Ambrose
Week 3	Warmup Denmark Emp. ACCELERATION Explosive weighted SIBk Lunge+Jum 4x3e BLOCKS BLOCKS BLOCKS *TECH* HJ / PV / Hurdles *SS* Horizontal Jumps TEMPO BASED ON GROUPS A LIFT	Warmup Norway Emp. SPEED Explosive Split Jerk Alternating 4xET OUT-IN-OUTS *TECH* Horizontal Jumps *SS* HJ / PV / Hurdles B LIFT	Warmup Sweden Emp. REGENERATION Foam Roll Full Routine 8-10e Circuit REGENERATION STATION 8 10 min each non-impact cardio EVENT SPECIFIC CIRCUIT 8 Foam Roll Full Routine AGAIN! 8-10e Meeting Meet Prep / KPIs	Warmup Norway Emp. SPEED ENDURANCE Explosive BB Skip for Dist. 4xFC CURVE SPEED FOCUS *TECH* HJ / PV / LJ / TJ / Hurdles *SS* ALL C LIFT	Warmup Sweden Emp. REGEN/CAPACITY/PRE-MEET Foam Roll Full Routine 8-10e REGEN TEMPO BASED ON GROUP *TECH* PRE-MEET / ALL HANDOFFS REGENERATION STATION 8 (circuit / 1x)	MEET DAY @ Illinois College
Week 4	Warmup Denmark Emp. ACCELERATION Explosive weighted SIBk Lunge+Jum 4x3e BLOCKS BLOCKS BLOCKS *TECH* HJ / PV / Hurdles *SS* Horizontal Jumps TEMPO BASED ON GROUPS A LIFT	Warmup Norway Emp. SPEED ENDURANCE Explosive Split Jerk Alternating 4xET WICKETS & LONG SPEED END. *TECH* Horizontal Jumps *SS* HJ / PV / Hurdles B LIFT	Warmup Sweden Emp. REGENERATION Foam Roll Full Routine 8-10e Circuit REGENERATION STATION 8 10 min each non-impact cardio EVENT SPECIFIC CIRCUIT 8 Foam Roll Full Routine AGAIN! 8-10e Meeting Meet Prep / KPIs	Warmup Denmark Emp. PRE-MEET or SPEED Foam Roll Full Routine 8-10e CAPACITY OR SPEED *TECH* PRE-MEET / ALL HANDOFFS 4x4s MEN REGEN STATION 8 C LIFT	MEET DAY MEN "SQUIG" INVITE @ UW WHITEWATER	MEET DAY WOMEN "SQUIG" INVITE @ UW WHITEWATER WOMEN REGEN STATION 8 C LIFT

Barriers to Development

- It's NOT too little resources or too little time, or too few coaches...
- CREATIVITY
- PRIORITIZING "FITNESS"
- NOT USING MEETS PROPERLY
- UNWILLINGNESS TO LET ATHLETES LEAD



CREATIVITY

TAKE TO THE STREETS!





CREATIVITY

**USE CONTRAST
METHODS**

**MIX SPEED/POWER &
TECHNIQUE!**





Constrains-Led Approach

Self-Actualization
IS KEY!

STOP PRIORITIZING FITNESS

Utilize a high volume of repetitions of relevant event specific work to develop requisite fitness!

**LOTS OR REPS, LOTS OF
LEARNING!**

TEACH KPIS, TEACH TEAMMATES
TO IDENTIFY, REINFORCE!



USE MEETS PROPERLY!

More events

More relays (4x4)

*Video?





Let Athletes Lead:

- Write the plan
- Distribute the plan
- Give them freedom to navigate
- Flow thoughtfully with your attention!

A man with a beard and a black cap is sitting on the grass next to a black running track. The track is marked with white lines and has several colorful cones (pink, orange, yellow, green) and red U-shaped markers placed on it. In the background, there are other people, a white cart, and a building. A large, semi-transparent black box with the text "LET'S TALK!" in yellow is overlaid on the right side of the image.

**LET'S
TALK!**



Chad Gunnelson
Augustana College

chadgunnelson@augustana.edu

Cell 608.658.6538

@CoachGunny
