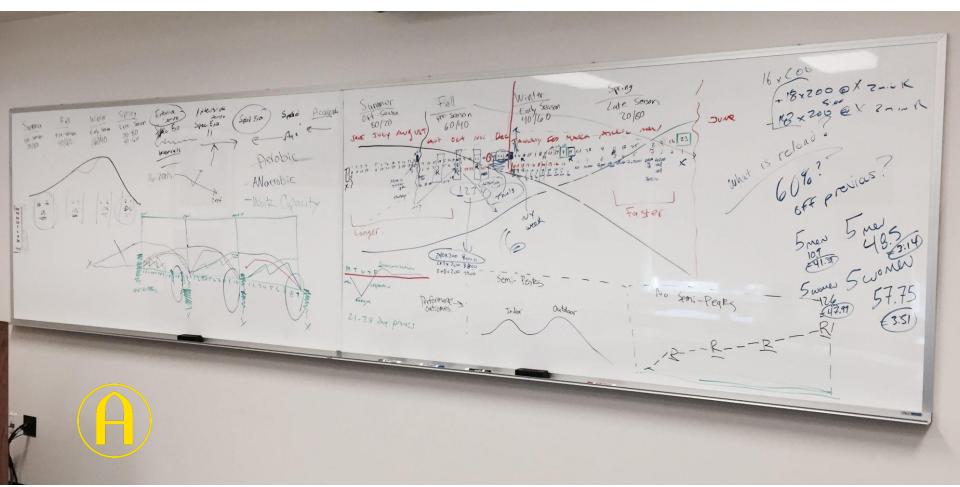


Coaching Everything? How to Intersect Sprints, Jumps & Hurdles

Chad Gunnelson, MM, CSCS

Augustana College





MINST Tele Fall Winter Spring Oft Season Early Season 40/60 60/40 60/70 20/00 JULY AUGUST DVNC what is relead. 10 gul 1 mes 20 Thats planty Faster Longer. 240x200 4000 2496200 7600 Surveysation Semi- Peaks MTWTF No Semi-Peges Performances... Outdoor Index 21-28 dry proces or firm

Week MON Sprint UWP DQ WAY DEAS DEME (Farthurg) TUE THUR WED FRI SAT we Y ue S WLL WEZ WK REGEN SPD Hills COMPETE SPD Sudgest Engage 1210c Rossias PERK PT160000 1800 Hip Flex Mesorace (100) Multi Thrower vol/int HELDREY 1/2 m Bousoina Dribble A 2000 41200 401 v 800 (10) 1000 60% vd 4 330 Dribbling Ballones 74450(4) 600 trylosive Explosina 20 2200 Tempostuck Circuit 1 relat / real LIFT 30 HILLS -X 300 X mil 1/ tar spal relax. Sticks Handoffs HANDOFFS + 300 4460 170/25 x flome MAC CHAPS Larchang NEAAS سادرا LK 8 WK 9 Bike Hyuld 400M leno 180 100 Bike Hyllol H 300 40 CIELOSTAVA ×1600 1400 40 2 1000 × 800 800 20 6 15 30 150 45/Hordes 150 chino H 3/04/195 1375/ M. Clean Uns stars | 321 Hurtles TH: Spin JERK PY AUE SQUAT SEN WAS -H5/PY Rep Split TERKS Jumps SLDL 3+8 | 3+6 | 2+4 Multi Throw / Come Push Zersoleslunge Pull 2x x Pull 2x 11 11 Core Core 10.450 kg/s

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 IDON'tEsKNOW WHERE
 - TOatSkitlAdRyTuneed to develop?
 What experiential learning must take
 - 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:

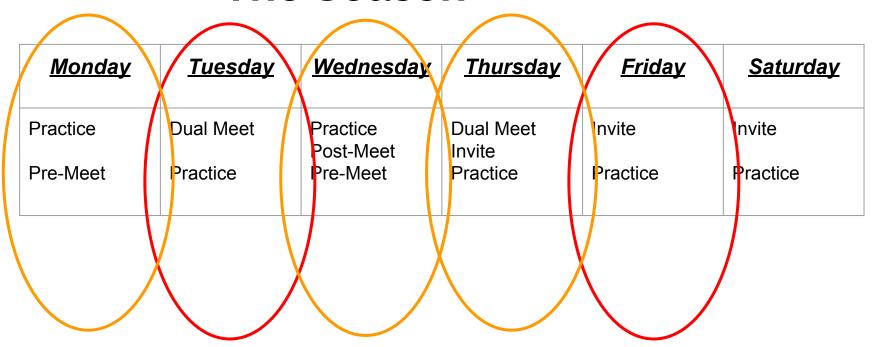
- 13 Week Season
- Min. pre-season/off-season training
- Training age of 0-3 year olds
- Hallway, hills, sidewalks, snow
 covered tracks & a gym floor 1x/wk
- A whole lot going on!

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

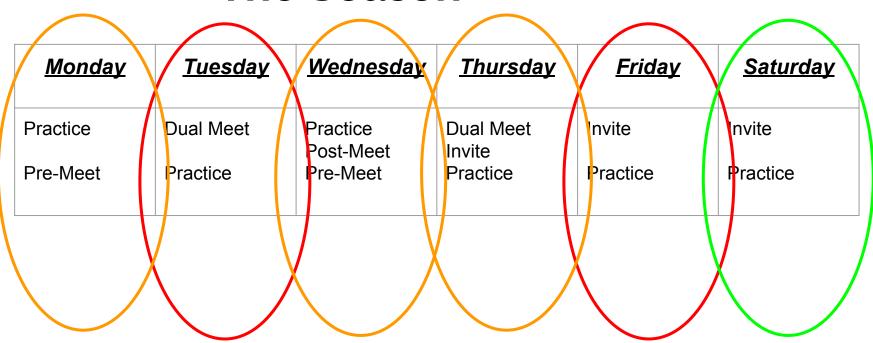


<u>Monday</u>	<u>Tuesday</u>	Wednesday	<u>Thursday</u>	<u>Friday</u>	Saturday						
Practice Pre-Meet	Dual Meet Practice	Practice Post-Meet Pre-Meet	Dual Meet Invite Practice	Invite Practice	nvite Practice						











<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
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

٨	В	c	D	E	F	G	Н		J	К	L	M
MESO 1		Monday		Tuesday		Wednesday		Thursday		<u>Friday</u>		Saturday
	100	9-Sep-24		10-Sep-24		11-Sep-24		12-Sep-24		13-Sep-24		14-Sep-24
Week 1	MEETING			OYO	100	*TECH DAY*		OYO				OYO
	Warmup	NORWAY			Warmup	DENMARK			Warmup	SWEDEN		
	Testing	Standing Long Jump	3x	400/800	Testing	30M/Fly10/40M		400/800	Testing	Overhead Back		400/800
	Emp.	Accel	100M	1-2mi WU	Emp.	Speed	150M	1-2mi WU	Emp.	Tempo	800-Mile	Run
		Projection/Rhythm		8x200		Posture/Bounce		6x300		Energy Mgmt		30-40min
		Starts		*@75%		*TECH DAY*		*@75%				or
	Explosive	Split Jerk Alternating	4x6Alt	1-2miCD	Explosive	Snatch+OH Squat	4x6	1-2miCD	Explosive	Clean+Front Squat	4x6	Bike
	KnDom	KB/DB Split Squat	3x12e		KnDom	KB Goblet SL Box Squat	3x12e		KnDom	Hex Bar Deadlift	3x12	50-60min
	HipDom	DB Hip Thrust	3x12		HipDom	BB RDL	3x12		HipDom	KB Alt Stepback Lunge	3x12T alt	or
	Push	DB Flat Bench	3x12		Push	Standing DB Curl to Press	3x12		Push	DB Incline	3x12	XTRAIN
	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		W. T. C. C.	1/2 Kneeling Moons R/L	2x12e			Stab. Ball Curl 2in2out		
		16-Sep-24	00000000	17-Sep-24		18-Sep-24	1000000	19-Sep-24		20-Sep-24		21-Sep-24
Week 2	MEETING			OYO		*TECH DAY*		OYO		*TECH DAY*		OYO
		NORWAY		1000000	Warmup	DENMARK		107007	Warmup	SWEDEN		
	Emp.	Accel/Starts		400/800	Testing	*makeup*		400/800	Testing	*makeup*		400/800
	1000000	Projection/Rhythm		MILEAGE		Speed		1-2mi WU		Tempo		Run
	Testing	10x200	2000 All	and/or		Posture/Bounce		12-16	1,100	Energy Mgmt		30-40min
	- 1720 CONTON - CONTON	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	the min.	Explosive	Clean+Front Squat	4x6	Bike
	HipDom	DB Hip Thrust	3x12	XTRAIN	KnDom	KB Goblet SL Box Squat	3x12e	*@75%	KnDom	Hex Bar Deadlift	3x12	50-60min
	Push	DB Flat Bench	3x12		HipDom	BB RDL	3x12	1-2miCD	HipDom	KB Alt Stepback Lunge		or
	Pull	DB SA Supported Row	3x12		Push	Standing DB Curl to Press			Push	DB Incline	3x12	XTRAIN
	Core	Partner Palloff Alphabets	2x		Pull	Plate Pullovers	3x12		Pull	Pullups	3x12+	100.000000
	00.0	Stab. Ball Body Saws	2x12		Core	Carver KB 1Up Lap R/L	x1e		Core	1/2 Kneeling Lifts	2x12e	
		olab. Ban Boay cano				1/2 Kneeling Moons R/L	2x12e			Stab. Ball Curl 2in2out		
		23-Sep-24		24-Sep-24		25-Sep-24		26-Sep-24		27-Sep-24		28-Sep-24
Week 3	MEETING	*TECH DAY*		OYO		*TECH DAY* HURDLES		OYO		*TECH DAY*		OYO
TTOOK 0		NORWAY		7.17	Warmup	DENMARK		7.7	Warmup	SWEDEN		313
	Emp.	Accel/Starts		400/800	Emp.	Speed		400/800	Emp.	Tempo		400/800
	E.iip.	Projection/Rhythm		1-2mi WU	Emp.	Posture/Bounce		MILEAGE	Emp.	Energy Mgmt		Run
		TECH DAY		6-5-4-3-2		*TECH DAY*		and/or		*TECH DAY*		30-40min
	Evolosive	Split Jerk Alternating	4x6Alt	*proq.	Explosive	Snatch+OH Squat	4x6	BIKE	Explosive	Clean+Front Squat	4x6	or or
	KnDom	KB/DB Split Squat	3x12e	1-2miCD	KnDom	KB Goblet SL Box Squat	3x12e	and/or	KnDom	Hex Bar Deadlift	3x12	Bike
	HipDom	DB Hip Thrust	3x12e	1-2111100	HipDom	BB RDL	3x12e	XTRAIN	HipDom	KB Alt Stepback Lunge		and the second second second
	Push	DB Flat Bench	3x12		Push	Standing DB Curl to Press		ATTOMIN	Push	DB Incline	3x121 all	or or
	Pull	DB SA Supported Row	3x12		Pull	Plate Pullovers	3x12		Pull	Pullups	3x12+	XTRAIN
	Core	Partner Palloff Alphabets	2x		Core	Carver KB 1Up Lap R/L	x1e		Core	1/2 Kneeling Lifts	2x12e	ATRAIN
	Core	Stab. Ball Body Saws	2x12		Corc	1/2 Kneeling Moons R/L	2x12e			Stab. Ball Curl 2in2out		-
		30-Sep-24	2.1.12	1-Oct-24		2-Oct-24	23.126	3-Oct-24	Hamsung Flenau	4-Oct-24	2812	5-Oct-24
Week 4	MEETING	*TECH DAY*		OYO		*TECH DAY*		0Y0		*TECH DAY*		0YO
WEEK 4	Warmup	DENMARK		010	Warmup	NORWAY		010	Warmup	SWEDEN		0,0
	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			400/800	207000000000000000000000000000000000000	Accel/Starts		400/800	Emp.			400/800
	Emp.	Speed Doctors/Pauses			Emp.			MILEAGE	Ling.	Tempo		
		Posture/Bounce		MILEAGE		Projection/Rhythm				Energy Mgmt		Run 20 40min
		TECH DAY	4.0	and/or	Frankskin	*TECH DAY*	4CAP	and/or	Financia:	*TECH DAY*	4	30-40min
		Snatch+OH Squat	4x6	BIKE	Explosive	Split Jerk Alternating	4x6Alt	BIKE	Explosive	Clean+Front Squat	4x6	or
	KnDom	KB Goblet SL Box Squat	3x12e	and/or	KnDom	KB/DB Split Squat	3x12e	and/or	KnDom	Hex Bar Deadlift	3x12	Bike
	HipDom	BB RDL	3x12	XIRAIN	HipDom	DB Hip Thrust	3x12	XTRAIN	HipDom	KB Alt Stepback Lunge	3X121 alt	50-60min

+
Warmups v J Term MESO 5 v FEB Meso 2 2025 v FALL MESO 1 v FALL MESO 3 v Winter Break MESO 4 SJHV v FALL MESO 3 Mid-D v F

FALL MESO	3	Monday			Tuesday		Wednesday		Thursday			Friday		Saturday
		4-Nov-24			5-Nov-24		6-Nov-24		7-Nov-24			8-Nov-24		9-Nov-24
Week 1	Warmup	Norway		Warmup	Denmark		OFF	Warmup	Norway		Warmup	Sweden+		OFF
7:	5% Emp.	ACCELERATION		Emp.	SPECIFIC/SPEED END.	00.0020	if	Emp.	SPEED		Emp.	CAPACITY/SPECIAL E		if
	Explosive	SA DB Snatch	4x3e	Explosive	Clean	4x5	OYO	Explosive	Snatch	4x5	Explosive	Split Jerk FLF	4x5	OYO
		OCKS BLOCKS BLOC	CKS		RSESHOE BUILD 150s rve Mechanic Focus		walk stretch		OUT-IN-OUTS			SLOUGH PATH		walk stretch
	*TECH			*TECH*	Horizontal Jumps		yoga	*TECH*	HJ / PV / Hurdles		*TECH*	Horizontal Jumps		yoga
	\$\$	Horizontal Jumps	Age .	*SS*	HJ/PV/Hurdles			2000	Marie Company		11.200			
	Push	SL DB Curl to Press	3x8	KnDom	DB RFE Split Squat	3x8		Push	DB Incline 2down1up		KnDom .	Zercher Deep Squat	3x8	-
	Pull	Kipping Pullups Chest Pass	\$100 BERT 100 BERT	HipDom Core Circuit	SB Bridge + Speed Curls DB 1up1down Carry (D/B)			Pull Core Pwr	Renegade Rows Shoulder Punch (R/L)		superset HipDom	RFE High Knee Jumps DB RDL	3x8	-
	(A)	OH Throw	3x8	Core Circuit	Palloff Press + Lift	3x8e		(B)	Perpendicular Throw (R/L)		Core Circuit	Hanging Sprints	2x20slow	
	Ath.Pos.	Parallel Throw (R/L)	>>>		Palloli Pless + Liit	oxoe		Split Stance	Moon Slams (Ait)	3x8T		Glute Bridge w/ Reach		
	Alli.FUS.	Slams	>>>					Spin Statice	WOOTI Status (Alt)	3,01		Giule bridge wi Reach	JX 101	
1441-0	14/	11-Nov-24		***************************************	12-Nov-42		13-Nov-24	100	14-Nov-24		147	15-Nov-24		16-Nov-24
Week 2	Warmup 0% Emp.	Denmark ACCELERATION		Warmup	Denmark SPECIFIC/SPEED END.		BUANCOUT	Warmup	Norway SPEED		Warmup	Sweden+ CAPACITY/SPECIAL E	NIDUR	OYO
9		SA DB Snatch	4x3e	Emp. Explosive	Clean	4x5	SHAKEOUT and/or	Emp. Explosive	Snatch	4x5	Emp. Explosive	Split Jerk FLF	4x5	SHAKEOUT and/or
	11. 30						BIKE			483	Explosive		43.0	BIKE
	BL	OCKS BLOCKS BLOC	CKS	WICKET (CONTRAST w/ SPEED	END.	and/or	Ų	ONG FLYS / MAX V			SLOUGH PATH		and/or
	*TECH	HJ / PV / Hurdles		*TECH*	Horizontal Jumps		XTRAIN	*TECH*	HJ / PV / Hurdles		*TECH*	Horizontal Jumps		XTRAIN
	\$\$	Horizontal Jumps		*\$\$*	HJ/PV/Hurdles									
	Push	SL DB Curl to Press	3x8	KnDom	DB RFE Split Squat	3x8		Push	DB Incline 2down1up	3x8e	KnDom	Zercher Deep Squat	3x8	
	Pull	Kipping Pullups		HipDom	SB Bridge + Speed Curls			Pull	Renegade Rows		superset	RFE High Knee Jumps		
	Core Pwr	Chest Pass	3x8	Core	DB 1up1down Carry	2xFC		Core Pwr	Shoulder Punch (R/L)	3x8e	HipDom	DB RDL	3x8	
	Α	OH Throw	>>>		Palloff Press + Lift	3x8e		В	Perpendicular Throw (R/L)	>>>	Core	Hanging Sprints	2x20slow	
		Parallel Throw (R/L)	>>>						Moon Slams (Alt)	3x8T		Glute Bridge w/ Reach	3x10T	
		Slams 18-Nov-24	>>>		19-Nov-24				21-Nov-24			22-Nov-24		23-Nov-24
Week 3	Warmup	Denmark		Warmup	19-Nov-24 Denmark		20-Nov-24 REGEN	Warmup	Norway		Warmup	Sweden+		0YO
	5% Emp.	ACCELERATION		Emp.	SPECIFIC/SPEED END.		4:15 PM	Emp.	SPEED		Emp.	CAPACITY/SPECIAL E	MINITE	SHAKEOUT
10		SA DB Snatch	4x3e	Explosive	Clean	4x5	PEPSICO	Explosive	Snatch	4x5	Explosive	Split Jerk FLF	4x5	and/or
	100000000000000000000000000000000000000						T El Dicc	E-177			Explosive		7.0	BIKE
		OCKS BLOCKS BLOC	KS		S / SPECIFIC ENDURA	NCE			ECOND RUN TES	T		SLOUGH PATH		and/or
	*TECH			*TECH*	Horizontal Jumps			*TECH*	HJ / PV / Hurdles		*TECH*	Horizontal Jumps		XTRAIN
	\$\$	Horizontal Jumps	PERFORM.	*SS*	HJ/PV/Hurdles	landar.		Traditional Co.		10000000	and the second	and the second s	Section 1	U 404 0 200 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
	Push	SL DB Curl to Press	3x8	KnDom	DB RFE Split Squat	3x8		Push	DB Incline 2down1up		KnDom	Zercher Deep Squat	3x8	LONGER
	Pull	Kipping Pullups	T 9009 T 000005000	HipDom	SB Bridge + Speed Curls			Pull	Renegade Rows		superset	RFE High Knee Jumps		RUN
		Chest Pass	3x8	Core	DB 1up1down Carry	2xFC		Core Pwr	Shoulder Punch (R/L)		HipDom	DB RDL	3x8	
	A	OH Throw	>>>		Palloff Press + Lift	3x8e		В	Perpendicular Throw (R/L)	3x8T	Core	Hanging Sprints	2x20slow	-
		Parallel Throw (R/L) Slams	>>>						Moon Slams (Alt)	3X01		Glute Bridge w/ Reach	3X101	
		25-Nov-24			26-Nov-24		27-Nov-24		28-Nov-24			29-Nov-24		30-Nov-24
Week 4	Warmup 0% Emp.	Norway COMPETITION			OYO		OYO/OFF		OYO/OFF			OYO		OYO/OFF
,	c .c Linp.	OOM EIIIOI			SHAKEOUT		walk		walk			SHAKEOUT		walk
					and/or		stretch		stretch			and/or		stretch
	-	TECTINIC DAY	/1		BIKE		yoga		yoga			BIKE		yoga
		ESTING DAY	1		and/or		1000		2432			and/or		50.550

MESO 1 - INDOOR SEASON - JANUARY 2025

INDOOR MESO 1		Monday		Tuesday			Wednesday			Thursday			Friday			Saturday	
CALCON STATE OF	Secretary of the last	6-Jan-25	100000000000	7-Jan-25		and the second	8-246-25		1600000	9-Jan-25		000000000	10-Jen-25			11-Jan-25	
Neek 1	Warmup	Sweden	Warmup	Denmark		Warmup	Norway		Warmup	Sweden+	V	Namup	Denmark		Warmup	Sweden	
	Emp.	TEMPO/REGEN	Emp.	ACCELERATION		Emp.	SPEED		Emp.	GAPACITY	E	Emp.	ACCELERATION		Emp.	TEMPOREGEN	
	Foam Roll	Full Routine 8-10s	Explosive	Weighted StBk Lunge+Jump	4x3e	Explosive	Split Jerk Alternating	4x6T			E	Explosive	BB Skip for Dist.	4xFC	Foem Rull	Full Routine	8-10
	Circuit	REGENERATION See		DI DOMO DI DOM								B1 001			Chout	REGENERATION	100
	100000	STATIONS (circuit / 2x) sheet	BLO	CKS BLOCKS BLOCK	15	WICH	CETS & *45s RUN TE	:512	EXI. IEI	MPO BASED ON GRO	JUPS	BLOCK	(S / ACCEL / TRANS	HON		STATIONS (creat / 2n)	alma
		Foundational Movement	*TECH*	HJ / PV / Hurdles		*TECH*	Horizontal Jumps		*TECH*	HJ / PV		*TECH*	Horizontals / Hurdl	95		Foundational Movement	
		Crawis & Carries	*55*	Horizontal Jumps			HJ / PV / Hurdles		*\$\$*	Horizontal Jumps		*55*	HJ / PV			Chewiz & Cemes	
		7nl-Planar Stretching	- 33	rionzoniai Jumps		- 33	Tid/T T/Tid/dies		-	Honzontal Julips			11571 4			Th-Planer Stretching	
		RTM Intervals		A LIFT			BLIFT			REGENERATION			C LIFT			The second secon	
		5 min each non-impact cardio	Power	Heavy Tank Push	2-50	Election Co.	Rep Split Jerks for Sper	AN AVERT		BTATIONS (circuit / 2x)	٠,	Fotal	BB Thruster (Deep)	4x6		RTM Intervets	
	Francisco Pari	Full Routine AGAIN! 8-10s		Chest Pass	3x6	Total	BB Thruster (Deep)	4x6-8		Non-Impact		ush	HEAVY DB BENCH	4x6		5 min each non-impact card	-
				OH Throw	380	KnDom				Non-Impact		-usn -ull				Full Routine AGAIN!	_6-104
	Meaning	Event Groups/Coaches	(A)			100000000000000000000000000000000000000	12" Explosive Step Dow						Pullup or LatPulldwn	4x8-10	Membro	Event Groups/Coerties	-
		Clean / orgnanize training	Ath.Pos.	Slam+Parallel Throw	000	HipDom	SB Speed Leg Curts 2/2		Mobility	Hurdle Mob - BASIC		Core Pwr	Chest Pass (SL)	Зх5е		Clean r orgnanize training	
		areas in PepsiCo	Push	HEAVY DB INCLINE	4x6	Calf	Split Elevated BL Raise		4400000000	and the second second		B)	OH Throw (SL)	500		anse in PepaCir	
	į.		Pul	HEAVY DB ROW	4x6-8	Core	SB Body Saws	4x10	Myofascial	Full Foam Roll Routine	8-10a S	SplitiLF	Slam+Perp Throw	>>>			
		13-Jan-25		14-Jan-25			15-Jan-25			16-Jan-25			17-Jan-25			18-Jan-15	
Week 2	Warmup	Denmark	Warmup	Norway		Warnup	Sweden		Warmup	Norway.		Namup	Sweden				
	Emp.	ACCELERATION	Emp.	SPEED ENDURANCE		Emp.	REGENERATION		Emp.	SPEED		Emp.	REGEN/CAPACITY/PR			MEET DAY	
	Explosive	Weighted StBk Lunge+Jumi 4x3e	Explosive	Split Jenk Alternating	4x6T	Foam Roll	Full Routine		Explosive	BB Skip for Dist.	4xFC F	Foam Roll	Full Routine	8-10e			
	BLOG	CKS BLOCKS BLOCKS	WICKE	TS & LONG SPEED E	ND.	Circuit	REGENERATION STATIONS	see		MAX VELOCITY		REGEN	TEMPO BASED ON	GROUP	В	JMBLE RUMBL	E
	TECH	HJ / PV / Hurdles	*TECH*	Horizontal Jumps			5 min each non-impact	cardio	*TECH*	HJ/PV/LJ/TJ/Hurd	dies	*TECH*	PRE-MEET / ALL			@ Saint Ambrose	
	\$\$	Horizontal Jumps		HJ / PV / Hurdles		FW	ENT SPECIFIC CIRCUIT		*55*	ALL		4x45	HANDOFFS				
		Tionzoniai danips	- 00	THO ? I T ? I HOI GICS			Full Routine AGAINI	8-10e				7077	REGENERATION				
		A LIFT		B LIFT		Meeting	Meet Prep / KPIs			CLIFT			STATIONS (direct / 1x)				
		20-Jan-25		21-Jan-25			22-345-25	_		25-Jan-25	_	_	24-Jan-25			25-Jan-25	
Week 3	Warmup	Denmark	Warmup	Norway		Wannup	Sweden		Warmup	Norway	- 6	Namup	Sweden			1000000	
Friday, or	Emp.	ACCELERATION	Emp.	SPEED		Emp.	REGENERATION		Emp.	SPEED ENDURANCE		Emp.	REGEN/CAPACITY/PR	EMEET		MEET DAY	
	-	Weighted StBk Lunge+Jumy 4x3e	2000	Split Jerk Alternating	SVET	1000000	Full Routing	R-106	Control of the Contro	The state of the s			Full Routine	8-10e		March 1 8071	
	Explosive	megian dank curiga-sorii 4xsa	Lagranian	Spire Suite Printingshing	4001	Circuit	REGENERATION	500	Explosive	DD Diep for Disc.	4000	DECIT PROFE	T un remaine	u-rou			
		CKS BLOCKS BLOCKS		OUT-IN-OUTS		Gilcun	STATIONS	sheet		IRVE SPEED FOCUS		REGEN	TEMPO BASED ON	GROUP	SI	IOWBIRD INVIT	E
	TECH	HJ / PV / Hurdles	*TECH*	Horizontal Jumps			10 min each non-impac	t cardio	*TECH*	HJ / PV / LJ / TJ / Hurd	dies	*TECH*	PRE-MEET / ALL			@ Illinois College	
	55	Horizontal Jumps	*55*	HJ / PV / Hurdles		EV	ENT SPECIFIC CIRCUIT	8	*55*	ALL		4x4s	HANDOFFS				
	TELLE	O DA SED ON OBOURS				Foam Roll	Full Routine AGAINI	8-10e									
	TEMP	O BASED ON GROUPS				Meeting	Meet Prep / KPIs						REGENERATION				
		A LIFT		8 LIFT						C LIFT			STATIONS (circuit / 1x)				
- CONTRACT		27-Jan-25		26-Jan-25	_		29-349-25		Sec.	30-Jan-25	- 0		31-Jan-25			1-hab-25	
Week 4	Warmup	Denmark	Warmup			Wannup	Sweden		Warmup	Denmark							
	Emp.	ACCELERATION	Emp.	SPEED ENDURANCE		Emp.	REGENERATION		Emp.	PRE-MEET or SPEED			MEET DAY			MEET DAY	
	Explosive	Weighted StBk Lunge+Jumi 4x3e	Explosive	Split Jank Alternating	4x6T	Foam Roll	Full Routine	8-10e	Foam Roll	Full Routine	8-10e		MEN			WOMEN	
						Circuit	REGENERATION	500									
		CKS BLOCKS BLOCKS		TS & LONG SPEED E	ND.		8TATION8	sheet		APACITY OR SPEED			'SQUIG" INVITE			SQUIG" INVITE	
	TECH	HJ / PV / Hurdles		Horizontal Jumps			10 min each non-impac	t cardio	*TECH*	PRE-MEET / ALL			@ UW WHITEWATER			@ UW WHITEWATER	4
	\$\$	Horizontal Jumps	*\$\$*	HJ / PV / Hurdles		EV	ENT SPECIFIC CIRCUIT	8	4x4s	HANDOFFS							
	TEMP	O BASED ON GROUPS	10000			Foam Roll	Full Routine AGAINI	8-10e									
	TEMP	O BASED ON GROUPS				Meeting	Meet Prep / KPIs		MEN:	REGEN STATIONS							
		A LIFT		B LIFT					WOMEN	CLIFT	V	NOMEN	REGEN STATIONS		MEN	CLIFT	

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

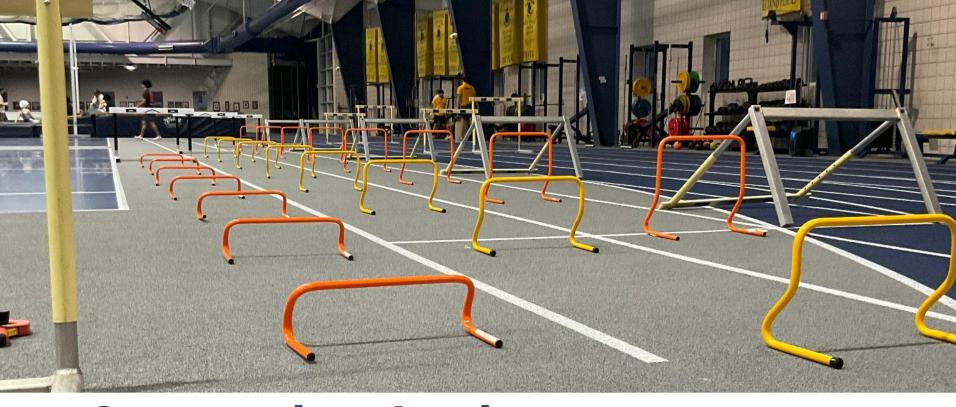




CREATIVITY

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!





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