

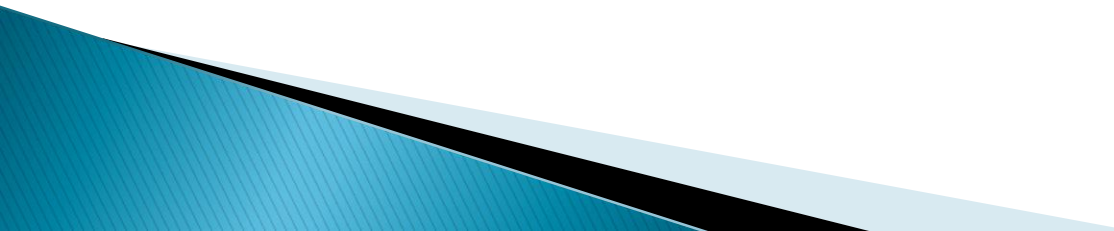
UI Track and Field Plan

No Whining

No Complaining

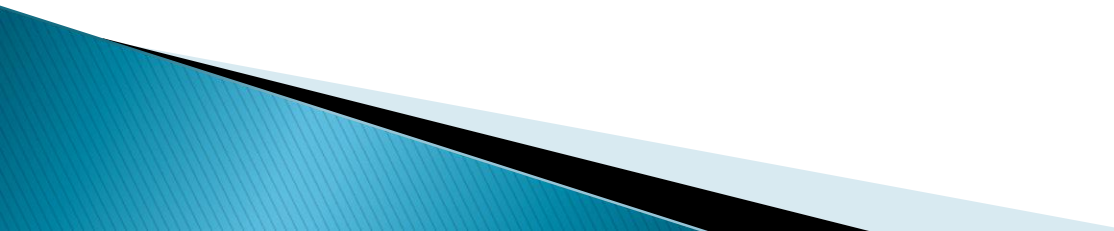
No Excuses

ESTABLISHING A TRAINING INVENTORY

- A. Evaluation of the Athlete**
 - B. Develop Goals**
 - C. Assess Training Needs**
 - D. Testing**
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DEVELOPMENT OF TRAINING INVENTORY

Speed

- ▶ Acceleration
 - ▶ Maximum Speed
 - ▶ Speed Endurance
- 


SPEED

Acceleration (10m-30m)

- ▶ Hills
- ▶ Bounding series
- ▶ 3 point starts
- ▶ Sled pulls
- ▶ Standing starts (10m-30m)
- ▶ Block starts (10m-30m)
- ▶ Resisted efforts

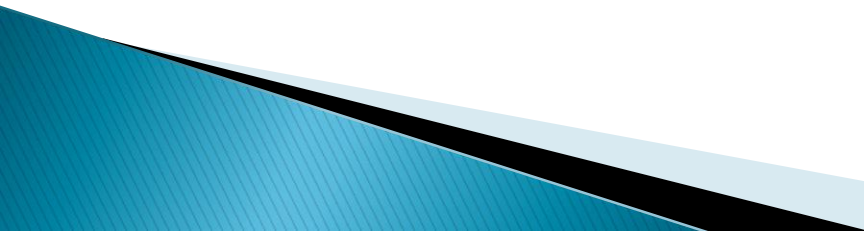
SPEED

Maximum Speed (30m-60m)

- ▶ Flying runs
 - ▶ In and out runs
 - ▶ Assisted runs
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SPEED

Speed Endurance (60m-150m)

- ▶ 120m (40m sprint/float/sprint)
 - ▶ 150m (50m sprint/float/sprint)
 - ▶ Ladders 60m-150m
 - ▶ Repetitions of 60m-150m
- 

Ends to Middle Development

Hills, Sleds, Line Drills, Blocks: 10–30m

Speed

Flying runs, Assisted runs, In and Outs, Wicket drill: 30–60m

Speed Development

120(40 sprint float sprint) Repetition runs: 60–150m

Speed Endurance

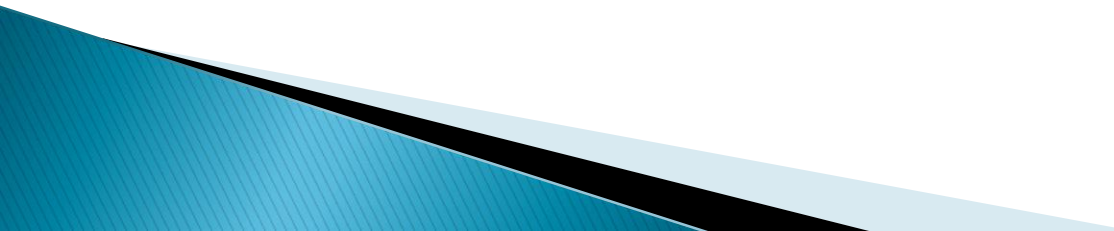
300–600m

Special Endurance

Circuit training, reps of 200: 200–400m

Tempo Extensive

Strength

- ▶ Strength Lifts
 - ▶ Olympic Lifts
 - ▶ Auxiliary Lifts
 - ▶ Multiple Throws
 - ▶ Multiple Jumps
 - ▶ Circuit Training
 - ▶ General Strength
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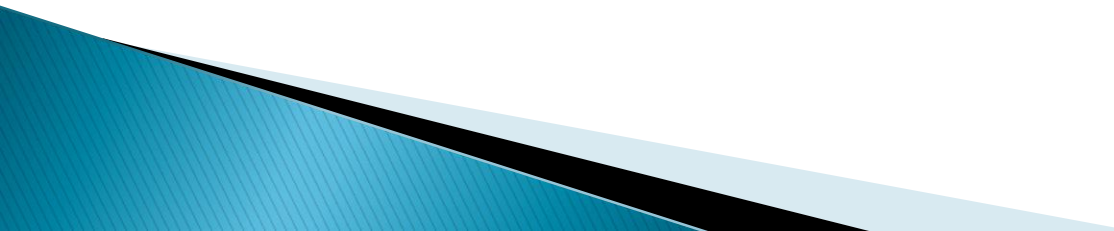
Coordination

- ▶ General
- ▶ Event Specific

Flexibility-Mobility

- ▶ Static
- ▶ Dynamic

Work Capacity

- ▶ Circuit Training
 - ▶ Extensive Tempo
 - ▶ Intensive Tempo
 - ▶ Special Endurance
- 

WORK CAPACITY

Circuit Training

Using general strength activities with drills or running between stations

WORK CAPACITY

Extensive Tempo

2 x 3 x 200-400m @ 65% 90" active
recovery 3' sets. circuit training using
general strength activities with drills or
running between stations

WORK CAPACITY

Intensive Tempo

- ▶ 4 X 4-5 X 60m
- ▶ 4 X 4-5 X 100m 60''-90'' reps/3' sets
- ▶ 150m/200m/250m/200m/150m 4' recovery
- ▶ 100m-300m with 30'' to 5' rest
- ▶ Hills

WORK CAPACITY

Special Endurance

- ✦ 200m 30-45" 200m
- ✦ 4 X 100m 20" recovery
- ✦ 80m from blocks walk 60m-100m
- ✦ Sprint 100m
- ✦ Runs from 150m-350m

Testing

- ▶ Block Start
 - ✦ Acceleration
 - Maximum Speed
 - Late Race

Testing

- ▶ Block Start
 - Standing Long Jump
 - Overhead Back Shot Throw
 - Between The Leg Throw

Testing

- ▶ Acceleration
 - Standing Triple Jump
 - 3-5-10 Step Bounds
 - 30m Standing


Testing

- ▶ Maximum Speed
 - 30m Fly
 - 60m Fly

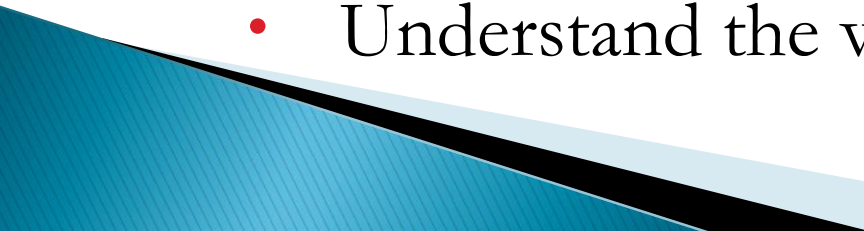
Testing

- ▶ Late Race
 - 60m-100m Long Bounds

DEVELOPING A YEARLY TRAINING PLAN

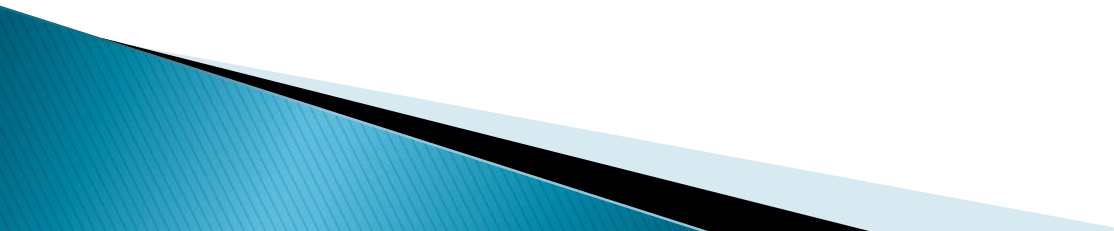
- ▶ General Considerations
 - ▶ Developing a Macrocycle
 - ▶ Developing a Microcycle
 - ▶ Training Inventory for a Microcycle
- 

General Considerations

- Rank all competitions and periodize training accordingly
 - Set up training plan from the most important meet backwards to the beginning of the year.
 - Keep Holistic focus on training
 - Follow thematic plan
 - Understand the value of rest
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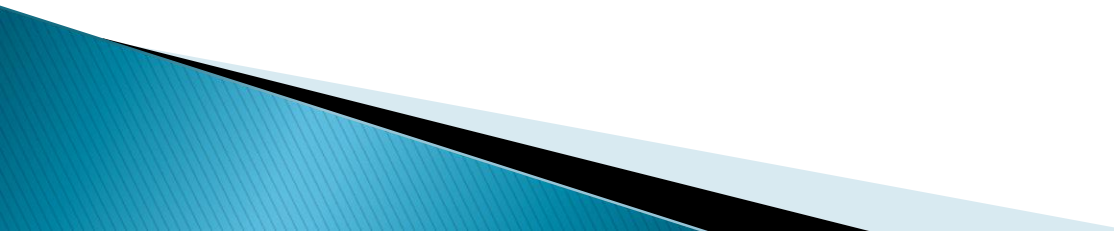
DEVELOPING A MICROCYCLE

Themes for a Cycle

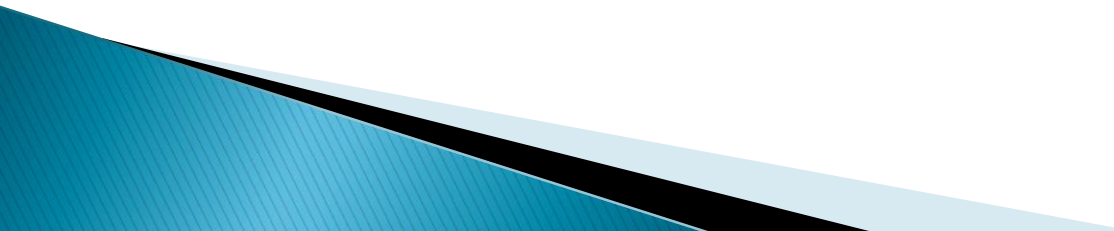
- Speed/Technique
 - Strength
 - Work Capacity
 - Restoration
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DEVELOPING A MICROCYCLE

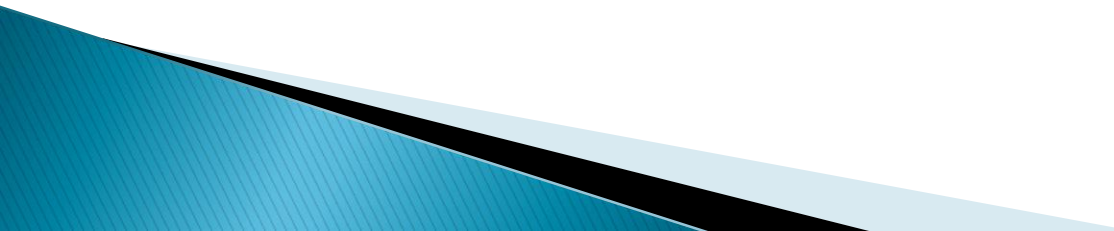
Training Inventory for a Microcycle

- Running
 - Strength Training
 - Technique
 - Multi Throws
 - Multi Jumps
 - General Strength
 - Restoration
- 


General Preparation

- Speed: Sprint related drills, acceleration mechanics, sand runs, sled pulls, hill runs
 - Strength: Proper lifting technique, circuit training, general strength
 - Coordination: General, Sprint Drills
 - Flexibility/Mobility: Static, Dynamic
 - Work Capacity: Aerobic Capacity and Aerobic Power, hills
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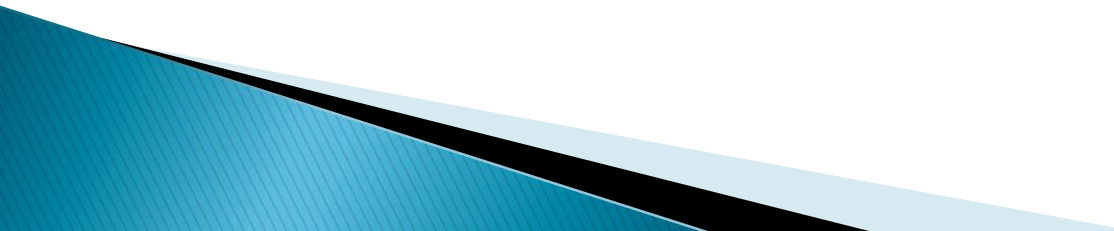
Specific Preparation

- Speed: Acceleration mechanics, block starts, in & out runs
 - Strength: Maximum Strength, General Strength
 - Coordination: Event Specific Drills
 - Flexibility/Mobility: less emphasis on static stretching
 - Work Capacity: Anaerobic Capacity, Aerobic Power, Specific Endurance
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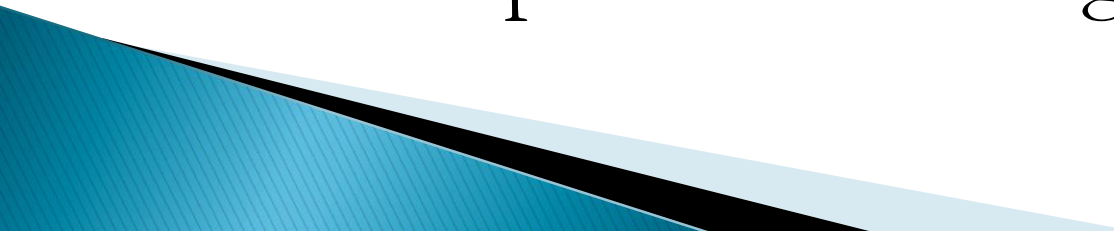
Pre-Competition/Competition

- Speed: Blocks 20m-60m, runs from 30m-60m from stand, 3 point or fly
 - Strength: Power, General Strength
 - Coordination:
 - Flexibility: Dynamic Flexibility
 - Work Capacity: Speed Endurance, Lactate Tolerance, Race Tactics, Anaerobic Capacity
- 

Mesocycle Dates

- ▶ Cycle 1 – Sept 6 to Oct 2
 - Cycle 1 test Oct 4–Oct 9
 - ▶ Cycle 2 – Oct 11–Oct 30
 - Cycle 2 test Nov 1–Nov 6
 - ▶ Cycle 3 –Nov 8 –Nov 27
 - Cycle 3 test Nov 29–Dec 4
 - ▶ Cycle 4 – Dec 6–Jan 1
 - Cycle 4– No Test–
 - ▶ Cycle 5 –Jan 3– Jan 29
 - Cycle 5–Test will be the meets
 - ▶ Cycle 6– Jan 31–Mar 12
 - Cycle 6–Test will be the meets
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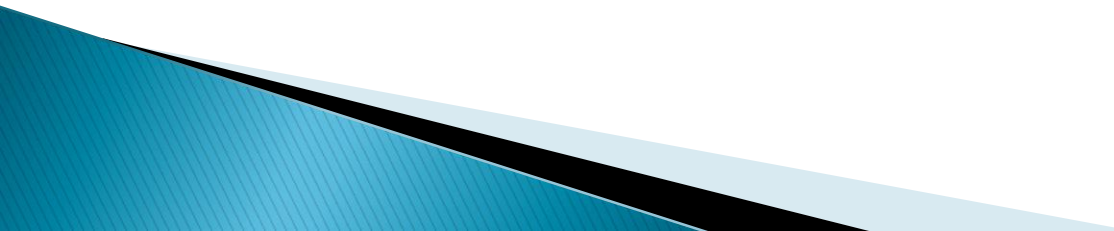
Examples of Training Cycles

- ▶ Preparation Training
 - ▶ Specific Preparation Training
 - ▶ Pre-Competition Training
 - ▶ Competition Training
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Preparation Training-100m-400m/800m

- ▶ Cycle 1 September 6- Oct 2
- ▶ Sunday: Off or Restoration
- ▶ Monday: Warm up, Multi Throws, Multi Jumps, Accelerations (flat, hills, lines), Tempo Extensive -6*300, Weights, Hurdle Mobility, Cool down, Stretch
- ▶ Tuesday: AM Run (2/3 miles) 10*100 strides at the track. PM Run 30'(bike or pool option) Warm up in grass, Hurdle Mobility, metabolic training (i.e. circuit) Barefoot run on grass, Pillar strength, Stretch (Senior led workout)
- ▶ Wednesday: Warm up, Speed Development, 2*15' Run (Fartlex (200-300*3-5*2-3 sets), General Strength, Cool down/Static Stretch
- ▶ Thursday: AM Run As a Unit (2/3 miles) 10 *100 strides at the track PM Warm up, in place jumps circuit, Weights, Pillar Strength, Cool down, Stretch(Senior led workout)
- ▶ Friday: Accel. Development, Aerobic Power – Long Hills (5*400)(6-8 *500-600/4*1000)-w/circuit, (400m)(1800-3000) General Strength, Cool down, Stretch
- ▶ Saturday: AM Run as a Unit (2 miles) 10*100 strides at the track/No run for 800 group

Testing GPP– Week 5 (Oct 4–Oct9)

- ▶ SLJ
 - ▶ STJ
 - ▶ Med ball throw between leg forward
 - ▶ Med ball throw between leg backward
 - ▶ 30m 3pt
- 

Specific Preparation Training 100-400m/800m

▶ Cycle 2-Oct 11-Oct 30

- ▶ Sunday: Off or Restoration
- ▶ Monday: Warm up, Multi Throws, Multi Jumps, Acceleration drills, blocks 10m-30m, 2(4*150)/5*300 @ 45-50Weights, Cool Down (10*100 strides), Static Stretch
- ▶ Tuesday: AM run (2/3 miles) 10*100 strides Warm up in grass, Aerobic power 6-10*200 Medicine Ball Circuit, MB Pillar Circuit, Band Stretch Routines
- ▶ Wednesday: Warm up, Wickets (SD), Anaerobic Capacity (800-2000) ex. (5,4,350,3,2,2), General Strength, Cool Down, Static Stretch
- ▶ Thursday: AM run (Two miles) 10*100 Warm up, Technique (5*110H Drill), General Strength, Cool down, Stretch
- ▶ Friday: Warm up, Flys (20m) (Short speed endurance ex. 4*4*60-80) Short & Long Hills/ Pillar Strength
- ▶ Saturday: Warm up, (2 miles run) Aerobic Power circuit 6*2(100), Advance Core, Cool down, Stretch

SPP 1 Testing–Week 9 (Nov1–6)

- ▶ SIJ
 - ▶ STJ
 - ▶ OBF
 - ▶ BLB
 - ▶ 20m fly
 - ▶ 150*2
 - ▶ 35'/45'/90' run
- 

Specific Preparation Training 100-400m/800m

▶ Cycle 3-Nov 8-Dec 4

- ▶ Sunday: Off or Restoration
- ▶ Monday: Warm up, Multi Throws, Multi Jumps, Acceleration drills, blocks 10m-30m, Weights, Cool Down (10*100 strides), Static Stretch
- ▶ Tuesday: AM run (2/3 miles) 10*100 strides Warm up in grass, Aerobic power (10*200) @30-32) Routines
- ▶ Wednesday: Warm up, Wickets (SD), Anaerobic Capacity (800-2000) ex. (300+200 /500/300+200, 4*100@85%) General Strength, Cool Down, Static Stretch
- ▶ Thursday: AM run (Two miles) 10*100 Warm up, Technique(Hurdle Drills), General Strength, Cool down, Stretch
- ▶ Friday: Warm up, Speed development Fly 20-30m(Short speed endurance ex. 3*3*100-120) Pillar Strength(Group 3 rest)
- ▶ Saturday: Warm up, 2*10*100 or Stadium stairs circuit Cool down, Stretch
 - AM runs end for sprinters week of Thanksgiving

SPP 2 Testing–Week 13 (Nov 29–Dec 5)

- ▶ Intro. to meet warm up
- ▶ SLJ
- ▶ STJ
- ▶ OBF
- ▶ BLB
- ▶ 30m fly
- ▶ Inter–squad
 - 60m/300m/500m/1000m and Relay 4*4

Pre-Competition Preparation Training

100-400m/800

▶ Cycle 4 Dec 6-Jan 1

- ▶ Sunday: Off or Restoration
- ▶ Monday: Weights AM Warm up, Multi Throws, Multi Jumps, Acceleration drills, blocks 10m-40m, Cool Down 10*100, Static Stretch
- ▶ Tuesday: Warm up in grass, Aerobic power 4(3,2,1 series), Medicine Ball Circuit, MB Pillar Circuit, Band Stretch Routines
- ▶ Wednesday: Weights AM, Warm up, Anaerobic Power/Capacity (600-1200)ex (6*200)or450,350,250,150General Strength, Cool Down, Static Stretch
- ▶ Thursday: Warm up, Technique, General Strength, Cool down, Stretch
- ▶ Friday: Weights AM, Warm up, Speed development, Lactic Acid Tolerance (race instillation) 2*450 or 2*300 +50w+50r+50w+50r+50w+50r+50w+50r or 2-3*200+200
- ▶ Many options
- ▶ Foam Roll, Cool down
- ▶ Saturday: Aerobic Power , Cool down, Stretch

Pre-Competition/Competition

Preparation Training 100-400m/800

▶ Cycle 5 Jan 3 -30

▶ Race Preparation Phase

- ▶ Sunday: Long Run Group 3
- ▶ Monday: Weights AM Warm up, Multi Throws, Multi Jumps, Acceleration drills, blocks 10m-60m, Cool Down 10*100, Static Stretch
- ▶ Tuesday: Warm up in bubble, Aerobic power 4(3,2,1 series), Medicine Ball Circuit, MB Pillar Circuit, Band Stretch Routines
- ▶ Wednesday: Weights AM, Warm up, Anaerobic Power/Capacity (600-1200)ex (6*200)or 5*(2*100)or 450,350,250,150(, General Strength, Cool Down, Static Stretch
- ▶ Thursday: AM –Cardio group 3 Warm up, Technique, General Strength, Cool down, Stretch
- ▶ Friday: Weights AM, Warm up, Speed development, Lactic Acid Tolerance (race instillation) (300-900)ex(350 at race pace+50),(300+100) Foam Roll, Cool down
- ▶ Saturday: Aerobic Power , Cool down, Stretch

Competition Training 100-800m

- ▶ Monday: Weights AM, Warm up, Multi Throws, Relays hand off, Blocks from 30m-60m, 40m-60m fly's, Cool down, Stretch
- ▶ Tuesday: Warm up in grass, Aerobic Power or Capacity, Pillar Strength, Cool down, Stretch
- ▶ Wednesday: Weights AM, Warm up, Relays hand off Speed Endurance or Lactate Tolerance, Multi Jumps, General Strength, Cool down, Stretch **(Anaerobic Capacity if no Meets)**
- ▶ Thursday: OFF/TREATMENT/Massage therapy
- ▶ Friday: Pre Meet warm up,
Saturday: COMPETE

Preparation Training-100m Hurdles

- ▶ **Cycle One-(Develop Acceleration Mechanics +Develop Capacity)**
- ▶ **Monday: Warm up, Multi Throws, Multi Jumps, Accelerations, (cone at first hurdle)(flat, hills, lines), Weights, Hurdle Mobility, Cool down, Stretch**
- ▶ **Tuesday: Am Run**
- ▶ **Warm up in grass, Hurdle Mobility, Metabolic conditioning , Barefoot run on grass, Pillar strength, Stretch (Senior led workout)**
- ▶ **Wednesday: Warm up, Wickets, Aerobic Power/Capacity(Diagonal Runs), General Strength, Cool down/Static Stretch**
- ▶ **Thursday: AM Run**
- ▶ **Warm up, in place jumps circuit, Weights, Pillar Strength, Cool down, Stretch(Senior led workout)**
- ▶ **Friday: Acceleration ladder, Aerobic Power - Hills, General Strength, Cool down, Stretch**
- ▶ **Saturday: AM Run**

Specific Preparation Training

100Hurdles

- ▶ **Monday: Warm up, Multi Throws, Multi Jumps, Acceleration drills, blocks 1H,2H,3H, Weights, Cool Down, Static Stretch**
- ▶ **Tuesday: Warm up in grass, Aerobic power (1400-2400) (Diagonal Strides in grass/turf bay) Medicine Ball Circuit, MB Pillar Circuit, Band Stretch Routines**
- ▶ **Wednesday: Warm up, wickets, Anaerobic Capacity (800-2000) ex. (4*300,/5,4,3/4,3,2), General Strength, Cool Down, Static Stretch**
- ▶ **Thursday: Warm up, Technique, General Strength, Cool down, Stretch**
- ▶ **Friday: Warm up, Hurdle Rhythm(5 step*5-7H),Pillar Strength**

The Competition/ Competition

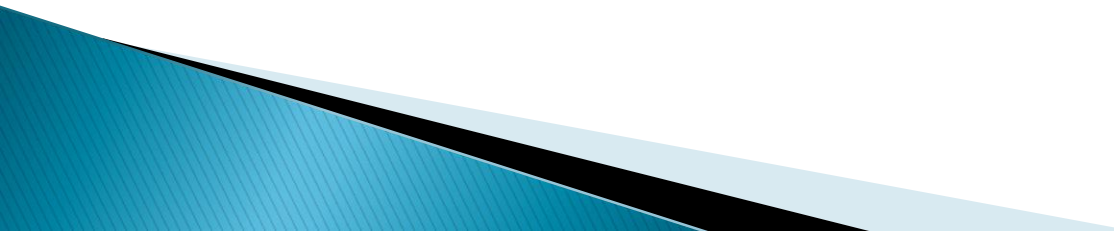
Preparation Training 100H (over 8 week period)

- ▶ **Monday: Weights AM Warm up, Multi Throws, Multi Jumps, Acceleration drills, blocks 1H, 2H, 3H, 4H**
- ▶ **Cool Down, Static Stretch**
- ▶ **Tuesday: Warm up in grass, Aerobic power, Medicine Ball Circuit, MB Pillar Circuit, Band Stretch Routines**
- ▶ **Wednesday: Weights AM, Warm up, Anaerobic Power/Capacity (5*200) or 5*(2*100), General Strength, Cool Down, Static Stretch**
- ▶ **Thursday: Warm up, Technique, General Strength, Cool down, Stretch**
- ▶ **Friday: Weights AM, Warm up, Speed development, Aerobic Tempo, Cool down, Stretch**
- ▶ **Saturday: Warm up, Lactic Acid Tolerance (race instillation) (300-900), Foam Roll, Cool down**

Competition Training 100H

- ▶ Monday: Weights AM, Warm up, Multi Throws, Relays hand off, Blocks from 30m-60m, 40m-60m fly's, Cool down, Stretch
- ▶ Tuesday: Warm up in grass, Aerobic Power or Capacity, Pillar Strength, Cool down, Stretch
- ▶ Wednesday: Weights AM, Warm up, Relays hand off Speed Endurance or Lactate Tolerance, Multi Jumps, General Strength, Cool down, Stretch **(Anaerobic Capacity if no Meets)**
- ▶ Thursday: OFF/TREATMENT/Massage therapy
- ▶ Friday: Pre Meet warm up,
Saturday: COMPETE

Speed Training

- ▶ Acceleration Development Phase
 - ▶ Speed Development Phase
 - Session 1 – acceleration 10–30
 - Session 2 –
 - ▶ Speed Endurance Phase
 - ▶ Optimal to develop is two months
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Preparation Training-Horizontal Jump

- ▶ Monday: Warm up, Hurdle Mobility, Multi Jumps, Accelerations (line drills), 4*10,20,30,Weights, Multi Throw, Cool down, Static Stretch
- ▶ Tuesday: **AM-Females 2 mile run** Warm up, Hurdle Mobility, Jump technique (Skip for distance, Skip for high, Repetitive take off, Hurdle jumps *4*20m) Aerobic Power circuit (scramble), GS activities, BBS, Barefoot run on grass (shin plus activities), Stretch
- ▶ Wednesday: Warm up, Build up (4*50) Stadium runs (single/double), Multi jumps(bounding series,vertical emphasis), Multi throw Cool down/Static Stretch
- ▶ Thursday: **AM-Females 2 mile run** Warm up, Hurdle Mobility, Jump technique (Skip for distance, Skip for high, Repetitive take off, Hurdle jumps *4*20m) MB circuit, GS activities, Pillar Strength, BBS, Cool down, Static Stretch
- ▶ Friday: Warm up, Hurdle Mobility, Build up, RR acceleration (Hills), Multi Jump(hurdle hops) (landing progression), Multi throw, Cool down, Static Stretch
- ▶ Saturday: Warm up, BU, Aerobic Power (1200),Ex. 300,2*250,2*150,100, GS-resisted emphasis, Cool down

Specific Preparation Training- Horizontal Jump -2 cycles

- ▶ Monday: Warm up, Hurdle Mobility, Multi jump (bounding series LLRR etc) Accelerations from rollover /Blocks, Weights, Multi Throw, Cool down, Static Stretch
- ▶ Tuesday: **AM-Females 2 mile run** Warm up, Hurdle Mobility, Technique(6 step jumps 10-15), Aerobic Power circuit (scramble), GS activities, BBS, Barefoot run on grass, Stretch
- ▶ Wednesday: Warm up, RW-Development, Multi jump- Bounding Series (2*20m), Cool down/Static Stretch-option to do multi jump on this day or keep with the bounding series on this day after runway.
- ▶ Thursday: **AM-Females 2 mile run** Warm up, Hurdle Mobility, MB circuit, GS activities, Pillar Strength w/MB, Cool down, Static Stretch
- ▶ **Friday: Warm up, Hurdle Mobility, Speed dev./Short speed endurance ex. 4*4*50-2' / (30m fly) Multi Jump (in place)/landing progression , Multi throw combination, Cool down, Static Stretch**
- ▶ Saturday: Warm up, Anaerobic Capacity (1200), GS Cool down

Pre-Competition/Competition

Training-Horizontal Jump -2 cycles

- ▶ Monday: Warm up, Hurdle Mobility, Accelerations 10-30, fly-in sprints 30-50m, Multi jump (etc. jog LLRR etc)Weights, Multi Throw, Cool down, Static Stretch
- ▶ Tuesday: Warm up, Hurdle Mobility, Technique(8 step jumps 10-15),, **Aerobic Power on a rotational basis**, GS activities, BBS, Barefoot run on grass, Stretch
- ▶ Wednesday: Warm up, RW-Development, Multi jump (Hurdle Hops or remedial jumps), Cool down/Static Stretch
- ▶ Thursday: Warm up, Hurdle Mobility, Technique, MB circuit, GS activities, Pillar Strength w/MB, Cool down, Static Stretch
- ▶ Friday: Warm up, Hurdle Mobility, Acceleration work, Multi Jump(hurdle hops),, Cool down, Static Stretch
- ▶ Saturday: Warm up, BU, Anaerobic Power (1000), GS-resisted,Cool down

Competition Training-Horizontal Jump

- ▶ Monday: Warm up, Hurdle Mobility, Accelerations (line drills), Weights, Multi Throw(bounding series), Cool down, Static Stretch-**Monday and Wednesday can interchange**
- ▶ Tuesday: Warm up, Hurdle Mobility, Technique, GS activities, BBS, Barefoot run on grass, Stretch
- ▶ Wednesday: Warm up, RW-Development, Speed Endurance, Cool down/Static Stretch
- ▶ Thursday: Warm up, Hurdle Mobility, MB core, GS activities, Pillar Strength w/MB, Cool down, Static Stretch
- ▶ Friday: Warm up, Hurdle Mobility, Acceleration work, Multi Jump, General Strength, Cool down, Static Stretch
- ▶ Saturday: Warm up, Build ups, Speed Endurance (1000), Cool down

Pass it on

- ▶ Lonnie Green – University of Arkansas
 - ▶ Freddy Andrade – BMS track club
 - ▶ Dave Hunt– University of Toronto
 - ▶ Todd Lane–LSU
 - ▶ Vince Anderson–Texas A&M
 - ▶ Joey Woody–University of Iowa
 - ▶ Layne Anderson– University of Iowa
 - ▶ Larry Wieczorek–University of Iowa
 - ▶ Steve Rajewsky– Kent State University
- 