



Monarch Sprint Training

Papillion-La Vista

Head Boys

Track and Cross Country Coach

Joe Pilakowski

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Note to Coaches:

-I will provide additional handouts at the Clinic. We will go through each part of our sprint training with video demonstrations from our Monarch athletes.

-The following pages are an outline that we will fill in while watching videos of all the things we do at Papillion-La Vista with our sprinters.

-We have been blessed to have 5 athletes run 10.84 FAT or faster the last 3 years. Here is our sprint program.

1. Warm Up

-25-30min General Warm Up in our gym everyday for all our athletes.
-In lines for first few movements.
Assistants take attendance and I focus on a few stretches to “unlock” the back and hips. Recall these kids have been sitting for 7 hours in classrooms!

1. **Knee Hugs & Pigeon Pulls**
2. **Clams & Quad Pulls**
3. **Lunge Matrix -**
4. **Partner Calf & Partner Back**

*Reps by 10 or 10 sec holds

Emphasis of the Warm Up

-Important to you, important to them.

-Hot Rods & Hondas

Sprinters = Hot Rods, Distance = Hondas.

Sprinters need consistent care, maintenance, & fine tuning like a Hot Rod or it will break down!

-Focus - Dynamic warm-up

*emphasizing **HIPS** and*

***HAMSTRINGS**. Most injury prone, tightest on sprinters.*

1. Warm Up



Next we break into 4 groups for Station work.

Station 1 - Active Isolation Flexibility

Station 2 - Dynamic Motion Flexibility

Station 3 - Core Work and Hurdle Mobility

Station 4 - More Dynamic Motion Flexibility

2. Specific Sprinter Warm Up



Once we get outside after breaking into our event groups, our sprinter, jumpers, and hurdlers will do this final series specific to our sprinters.

1. A Skips 
2. B Skips - Most do wrong
3. Grinnell Quicks - Jog, jog, right quick, jog, jog right quick.
4. Grinnell Quick, Quicks - Jog, jog, right quick, right quick. - Just double time. - Credit to Will Freeman at Grinnell College
5. Accelerations - From stomach, fall starts, 3 point stances, varying distances depending upon the day

**All reps by about 20m-30m*

A/B Skip Cues

-“Head Up, Chest Up, Knees Up, Toes Up.”

-Good arm action - moving “hip to lip”

-Powerful ground contacts - “Force you give the ground, the ground gives back.”

3. Sprint Training Categories



TEMPO TRAINING - Goal to build the lungs and muscles to be able to handle more difficult training and meets.

2 types - Extensive and Intensive Tempo

Extensive Tempo - ___% - ___% (March)

&

Intensive Tempo - ___% - ___% (April)

Keep it slow enough!

We don't want our kids going too fast too early in these sessions. Sprinters want to run these too fast. Slow them down! Our best practice is to blow a whistle on the pace we want for each group every 100m to keep them on pace.

The following page has a rough outline pace chart we use for our boys. Girls coaches just adjust your % accordingly. (I will give this to coaches at the clinic)

Rest for us is walking, slow jogs, or a combination of both.

EXTENSIVE TEMPO TRAINING EX.

100m-200m & Jumpers 400m & Hurdlers

March

Total Session

Volume *1200m-2500m*

2400m-4500m

INTENSIVE TEMPO TRAINING EX.

100m-200m & Jumpers 400m & Hurdlers

April

Because these are higher in quality we must decrease the overall volume and increase the rest between reps.

Total Session

Volume *800-1600m*

1200m-2000m

3. Sprint Training Categories



ACCELERATION TRAINING - Goal to build the ability to get from the start to top end speed correctly and quickly.

We like to connect _____

Cues -
Not tall too fast, good angles accelerating.
Young athletes want to pop tall too quick.
-Use an iPad to see angles and steps
-We love to use _____
-These days are great to couple with an _____

ACCELERATION TRAINING EX
All Sprinters usually do the same workouts

March

April

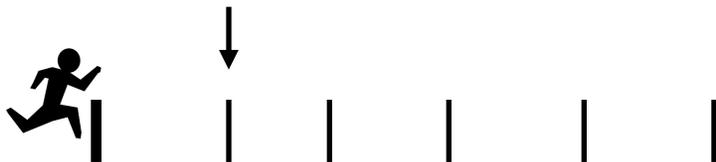
May

*Total
Volume*

No hills?
Can use _____

Acceleration Drill - This is a great acceleration drill we use!

Tape Mark



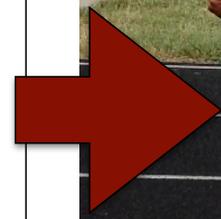
Blocks

See attachment from NCA April Edition article we wrote on the blocks.

3 Keys to Coaching Starts:

1. _____
2. _____
3. _____

Clap Drill - Credit Coach Case at Arkansas



3. Sprint Training Categories



TOP END SPEED TRAINING - Goal to increase and maintain the velocity of our top end speed correctly.

Best athletes in the world can maintain 100% velocity for about 30-40 meters after accelerating for about 30m. When we see athletes catch others in the last 30m of a 100m race they are just slowing down....slower!

Cues-

Relax the upper body - Shoulders, facial muscles relaxed, soft hands hip to lip.

-Stay tall, do not lean forward

Knee drive and foot dorsiflexion.

*TOP END SPEED TRAINING - Paces at 90%
100m-200m & Jumpers & 400m & Hurdlers*

March

April

May

Total Session

Volume

Top End Speed Drill - This is the best Top End Speed drill we use!



3. Sprint Training Categories



SPEED ENDURANCE TRAINING - Building the ability to maintain a high velocity over extended distances.

-Early we like _____

-Later, _____

-These days are great to couple with an upper body day in the weight room as they can be taxing physically.

SPEED ENDURANCE TRAINING - Paces at 90%

100m-200m & Jumpers & 400m & Hurdlers

<i>March</i>	<i>8 X Broken 160yds</i>	<i>8 x Broken 200yds</i>
	<i>Rest-</i>	
<i>April</i>	<i>210m, 160m, 110m</i>	<i>3x350m</i>
	<i>Rest-</i>	
<i>May</i>		
<i>Total Session</i>		
<i>Volume</i>	<i>Up to 1600m</i>	

Broken Runs on Football Field



District Mimic - Our best workout of the year.





4. Creating Training Plans

Our Sprint Planning Guidelines

-2 week blocks of training

-Incorporate at least 1 session of the 4 categories in each 2 week block. We believe in working all the categories of training all the time...but in varying degrees across the season!

-You will see we emphasize certain categories more in a block with 3-4 sessions. (See Chart) →

-Plan your hardest workouts FIRST in Late April/Early May, then work backward building to those workouts. Finally, plan forward from the hardest workouts to State making sure to give multiple easy days after the tough workouts and meets like Conference Championships.

-Best training advice especially late in the season for sprinters -

“When in doubt between a workout and rest, choose rest and you won't regret it.”

After districts...get them to State healthy! Rest! Don't risk an injury.

2 Week Block of Training	Emphasize these categories 3-4 sessions in this block.
1 (Early March)	
2 (Late March)	
3 (Early April)	
4 (Late April)	
5 (Early May)	
6 (Districts/State)	



Emphasis on Extensive Tempo and Acceleration

Block 2 - Late March	Week 1	Week 2
Monday		Ex & Int. Tempo Intro
Tuesday	Extensive Tempo Short 100/200 - 3(4x200) Long 200/400 - 2(400,500,600)	Top End Speed
Wednesday	Acceleration 10x30m Hills + 4 Starts for 30m + Med Balls	
Thursday	Extensive Tempo	Pre-Meet (Acceleration)
Friday	Pre-Meet (Acceleration)	Doane Indoor (Speed End)
Saturday	Concordia Indoor (Speed End)	Shakeout & Rest

Consider as Acceleration Days as we do a lot of block work. Not very tough though!

↓
Meets are a great Speed Endurance session! Count them in training!

↓
Sprinters do our warm up and are finished.



Things we do NOT do with our Sprinter Program.

5. Our Don'ts

-Back to Back Speed End or Top End Speed Days.

-Injury risk with fatigue.

-Training through meets.

-Always a pre-meet with sprinters the day before a meet. Injury risks.

-Too many events too early.

-We will not run an athlete in 4 running events before Mid-April.

-We will not run an athlete in the 100 and 200 in a same day pre-lim/finals meet.

-I do not like same day pre-lim/finals meets for sprinters! Injury risks.

-Pushing aches and pains.

-Differences between soreness and pains. We will push through soreness at times, not pains.

-*Wrong question - "How do you feel?" Answer - "Okay"*

-*Better question - "On 1-10 scale how do you feel?" Answer - "4"*

This gives us better feedback as to how much we should do that day. Learned by experience....of injuries!

Weight Room



6. Supplemental Work

Pretty basic, but we work closely with our teachers to make sure our sprinters are not lifting lower body on meet days. This year we did not have our athletes max at all during the season, but treated the season as maintenance with 2-5 sets and reps mainly in the 65%-75% range all season. Athletes really liked this!

Lower Body Core Lifts - Squats, Cleans
Supplemental Lifts - DB Lunges, DB Single Leg Squats, DB Squat
Jumps & Hamstring Curls

Med Ball Multi-Throw Drills

We love to incorporate sets of med balls on acceleration days - splits up kids and works explosive muscles mimicking the start and acceleration in the first 30m of a race.

Squat throws for height and distance
Between the Legs forward and backward
Sets of 5-10. Work on kids being explosive!

Plyometric Multi-Jump Drills

We also like to incorporate sets of plyos on top end speed or acceleration days.

Tuck Jumps
Frog Jumps
**Double Leg Hops over Hurdles
Lunge Jumps
Single Leg Hops over cones or up stairs
**Bounding for Distance
**Favorites

7. 400m Relay



1st Runner

- Good Starter, 3rd Best Leg**
- Runs inside 1/2 of lane**

2nd Runner

- Best or 2nd Best Leg**
- Can run the furthest if needed**
- Runs outside 1/2 of lane**

3rd Runner

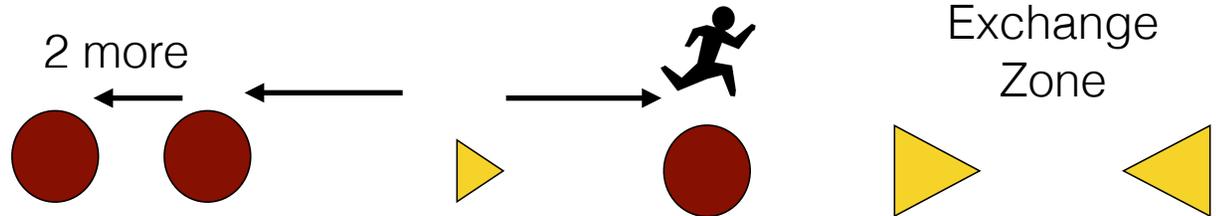
- Worst Leg**
- Runs inside 1/2 of lane**

4th Runner

- Best or 2nd Best Leg**
- Runs outside 1/2 of lane**

3 marker spots
Our Starting Point from 

We will adjust from there.



Why 2 spots in the back?
Better periphery to go
when the incoming runner
is in the "dot window"

7. 400m Relay



The Handoff



Prepping for Burke in the 400m Relay

Burke has an unusual oval - shorter straights and longer curves. Here is how we prep for Burke: