

Back to the Basics of Speed

How to teach speed for the first time.



About me

- Bio

- Girl's Head Coach Track and Field 2003 to present (16 yrs)
- 109 records (Fr, Soph JV, V),
- 4x top 5 state championship team finishes 2008, 2009, 2016 and 2017.
- 5x District champs 2007, 2008, 2009, 2015 and 2016.
- Conference Champion 2015, 2016, and 2017.
- 5x District runner-up finishes 2011, 2012, 2013, 2014 and 2017.
- 2x State Records, 14 nationally ranked events, 11 runners up, 10 state champs, 57 all-state performances, 122 state qualifying events/individuals qualifying events
- Blogger on www.elitetrack.com, speedendurance.com, and just-fly-sports.com



Truths

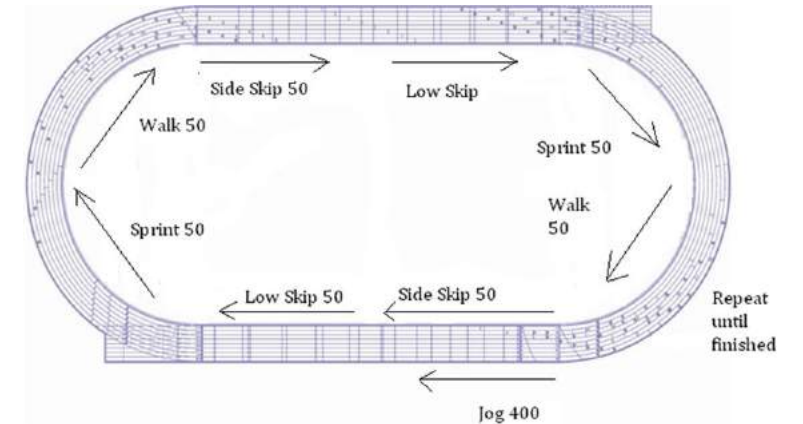
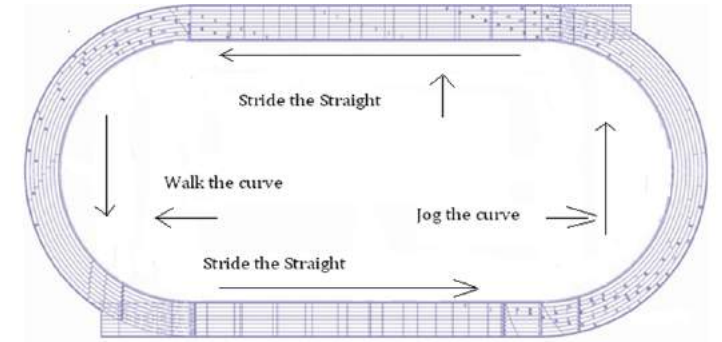
- Speed Doesn't Have a Color
- Speed CAN be taught
- Speed is everywhere
- Different athletes different needs
- More is not always better
- Sprinters are different





Warm Up

- General Warm Up
 - In and Outs, Dynamic
 - Changes over time
- Suppleness
 - Static
 - Basic, Partnered, and PNF
 - Dynamic
 - Leg Series 1-3





Team Huddle

- The daily check in
- Google Document Survey
 - Late, leaving early, or miss
 - Adjusted practice due to injury
 - AthleteSR or Iris
- Theme of the day's training
- Quote of the day





Bio-mechanics

- Different Phases
- Two Different Packages
 - Day A
 - Day B
- Drills that match the day's training
- Modified Hands
- Finish Drills with 3 point acceleration position

Banta Drills 1 (general prep)

2x20m High Knees
2x20m Step Over Butt Kicks
2x20m A Skip
2x20m High Hops
2x20m Duck Walks Forward
2x20m High Heels
2x20m Quick Leg Walking
2x20m Quick Leg Jogging Single
2x20m Carioca
4x50m Build Up
2x15 reps Wall Paw

Banta Drills 2 (general prep)

2x20m High Knee
2x20m Step Over Butt Kicks
2x20m B Skip
2x20m Rockettes
2x20m Duck Walks Backward
2x20m High Heels Backward
2x20m Retro/Backward run
2x20m Up, out, and through
2x20m Quick Leg Jogging Double
2x20m Quick Knee Lunges
2x20m A Run





Acceleration, Maximum Velocity, Energy System Development

- Main Part of Practice
- Everything else is ancillary
 - Some focus much in weight room, technique, or plyometrics
- Recoveries as important as length and speed.
- Continue Communication
 - Between repetitions (purpose, instruction, different each rep, and humor)
 - Do not overload (less is more)



Workout 1 Acceleration

Acceleration Games

2x10 Rollover Start

2x10 Walking Start: From walk hit mark and accelerate

2x10 Dancing Start: With feet moving in place accelerate without false step.

2x10 Side Step & Go: Take two steps sideways, then drive off back foot and accelerate the opposite direction

2x10 Crossover Step & Go: Crossover with right foot, recover left foot and drive off left going right (do opposite direction also)

2x10 Scramble Out: Start in prone position, scramble out and accelerate

2x10 Push up position and Go

2x10 On your back roll out to right and Go

Acceleration, Bound, and Step Over/Hit

3x40 Drive 5 + 10 Bounds + Step Over/Hit

3x40 Drive 10 + 5 Bounds + Step Over/Hit

3x40 Drive 12 + 5 Bounds + Step Over/Hit





Workout 2 Maximum Velocity



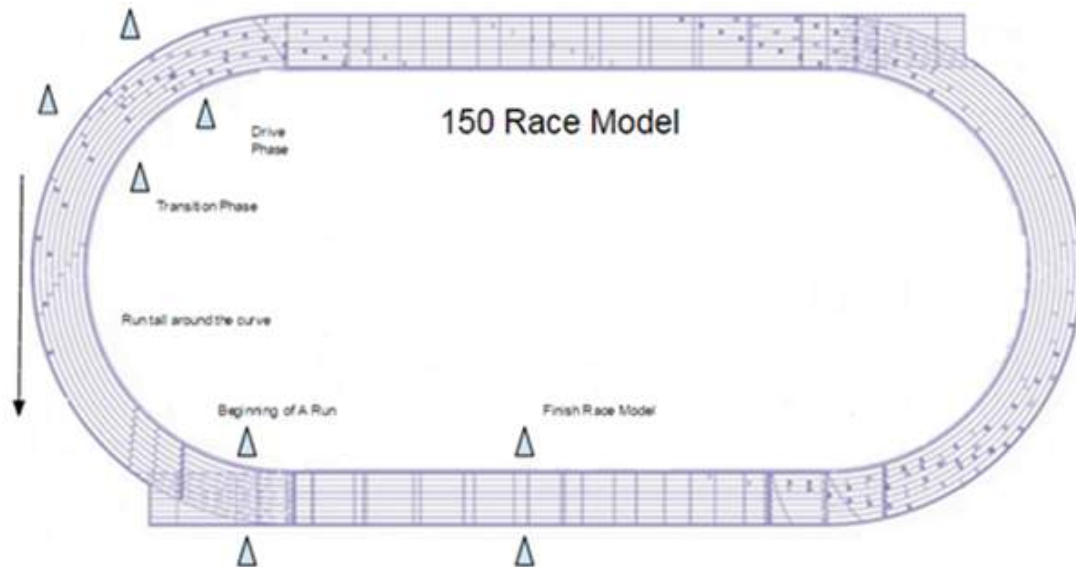
Speed Development: FLY & HIT MODELING

1. 60meters 30b+10f+10h+10f	2. 70meters 30b+15f+10h+15f
3. 70meters 30b+15f+15h+10f	4. 85meters 30b+20f+15h+20f
5. 75meters 30b+15f+15h+15f	6. 120meters 30b+30f+30h+30f



Workout 3 Speed Endurance

- Emphasis speed over endurance
- Race Modeling
- Not a lot of reps and overload distance slightly





Workout 4 Tempo

- 70% or 85% Efforts.
- 1 lap the hard way
- 100s on the minute
- Tempo 200s w/Backend 400m Dash Pace
- When Possible Run on Grass
- When Possible Run Opposite Direction

Lactacid Tempo Circuit

8x200 + After each exercise with run on track

20xPushups

16xCrab Kicks

40xCrunches

20xSideUps

40xLunges

80xA-Skip

40xChinnies

20xPushups

Or hyperventilation for 60seconds after the interval.



Workout 5 Special Endurance

- Over Timing the Sprinter
- 40 to 45 Second Runs for Distance
- Race Model 350s w/Weight Vest Complex
- Modified Clyde Hart Training
 - 2x450 Full Recovery and 4x200 10 to 12 min recovery



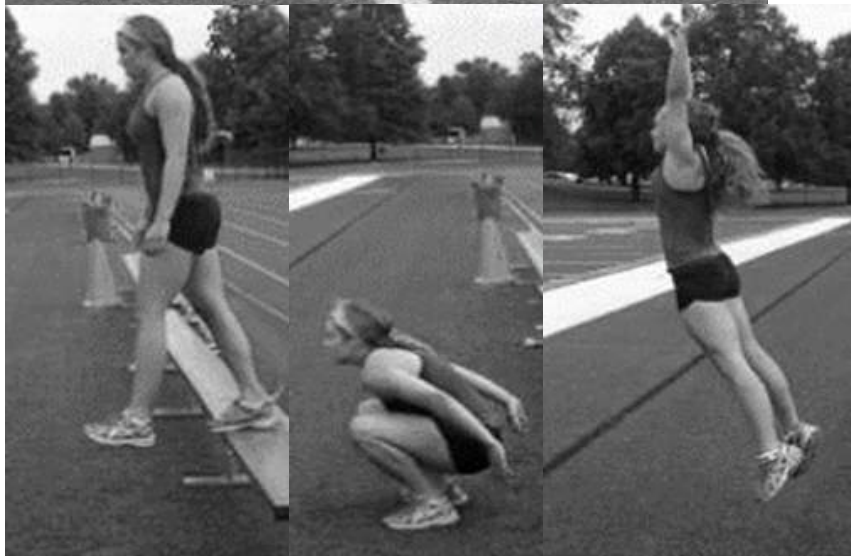
Workout 6 Active Recovery

- Warm Up and Review Days
- Hurdle Mobility
- Yoga
- Standing Hand Off Drills for targeting
- Tony Holler and Days Off
- Beautiful Day Drill (Visualization)
- Create 24 Hour Taper
- PHD in your event
- Massage





Plyometrics



Multi-Jumps	
1. Standing Long lump	5. Double Leg Vertical jumps
2. Standing Triple Jump	6. Double Leg Repetitive Bounds
3. Repetitive Hurdle Hopping (DL, SL)	7. Repetitive Single Leg Hops
4. Single Leg Combinations	(Repetitive Hurdle Hopping to Single Leg Combinations can use run ups)





Cool Down

- In place Jumps
- Descending Pace 100 striders barefoot
- Walking to the weight room
- Lifting
- Static Partner Stretching
- Foam Rolling





Weight room

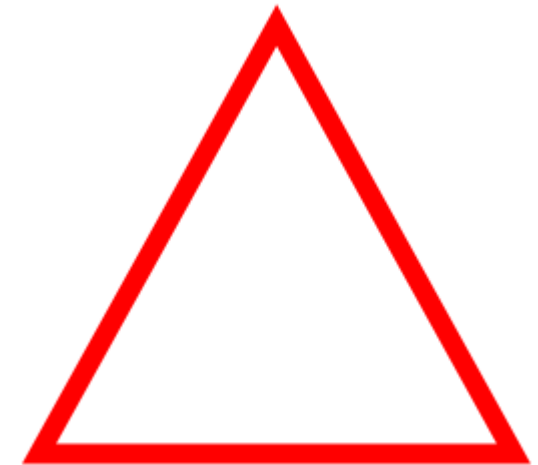
Type	Posture Buttressing	Hypertrophy	Maximal Strength	Stability Phase	Speed/Power Acquisition	Ballistic
Duration	8-10 or 3-5 wks	4-6 weeks	3-6 weeks	2-4 weeks	3-6 weeks	3-5
Load	30-40 or 40-60%	70-80% with spotter	85-100% with spotter	50-60%	30-90% load not as important coach should use stop watch to measure output	50-85%
Rest/Recovery Between Exercises	1-1:30mins	3-5mins	3-6mins or heartrate below 120 bpm	3-5mins	2-6mins or heartrate below 120 bpm	3-5mins
Frequency	2-4 times week	2-5 times week	2-5 times week	2-5 times week	2-3 times week	2-5 times week
Total Time	20-25 or 30-40mins	30mins to 1.5 hours	30mins to 1.5 hours	30mins to 1.5 hours	30 mins to 1.5 hours	30mins to 1.5hours
Number of Lifts	9-12 or 6-9	6-9 not including core	3-5 not including core	6-9 not including core	2-4 not including core	3-7 not including core
Number of Sets	2-5	4-6	6-10	4-6	3-10	1-6
Tempo of Lift	Medium-fast	Slow-medium	Medium	Medium	Fast as Possible (FAP)	Ballistic +FAP





Injury Prevention

- Functional Mobility Screens
- Google Form for Injuries
- Athlete SR
- Recovery Stations
- Justice League of Therapists
- Chain of Command and Athlete/Coach/PT Triad





Management

- Team Huddle
- Testing
- Single Location Planning
- Once a week staff meetings
- Rotating Athlete Event Schedules
- Expectations Contract
- Getting and Keeping a Good Staff





Thank you!

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