



Track and Field

THE SKILL OF SPRINTING  
100 and 200 METER TRAINING

By Bob Kitchens  
Head Track Coach  
UTEP

Sprinting is a skill like many other things that we do and take for granted. The ability to be able to sprint can be lost if not used. In order to be a good sprinter, you have to sprint, and drills can be used even on your distance people that will allow them to get up on their toes at the end of a race and change gears.

In our sprint program at UTEP, we emphasize a little more strength work than most of the other programs. We believe the ability to run fast over a certain distance, whether 100, 200, or 400 meters, has a lot to do with three different phases - STRENGTH, SPEED, AND RELAXATION.

Our people that we have coached that were national champions were all blessed with an ability that allowed them to run anything from 100 thru 400 meters. Each sprinter was a little different, but each used basically the same work-out to obtain their goals. Our philosophy is the stronger we are physically and endurance wise, the faster we will run. Strength allows us to carry our speed further and to relax at a higher rate of speed.

Some examples of people we have had in our program at Mississippi State and UTEP:

- 1. Lorenzo Daniel - 100 yd - 9.6 - High School
- 220 yd - 21.4 - High School
- Mississippi State: - 100m - 10.00
- 200m - 19.87 - NCAA Champion
- NCAA Meet Record
- 4 X 400 Relay - 43.5
- 200m (Freshman) - 20.07 WJR



Head Coach  
Bob Kitchens

Department of  
Intercollegiate  
Athletics

Men and Women  
Track and Field

Western Athletic  
Conference

NCAA Triple Crown  
1975, 1980, 1981, 1982

NCAA Cross Country  
Champions  
1969, 1975, 1976, 1978, 1979,  
1980, 1981

NCAA Indoor  
Champions  
1974, 1975, 1976, 1978, 1979,  
1980, 1981

NCAA Outdoor  
Champions  
1975, 1979, 1980, 1981, 1982

WAC Triple Crown  
1973, 1976, 1977, 1978, 1979,  
1981, 1982

WAC Cross Country  
Champions  
1973, 1974, 1975, 1976, 1977,  
1978, 1979, 1980, 1981, 1984, 1992,

WAC Indoor Champions  
1974, 1975, 1976, 1977, 1978,  
1979, 1980, 1981, 1982, 1984,  
1986, 1989, 2002

WAC Outdoor  
Champions  
1975, 1976, 1977, 1978, 1979,  
1981, 1982, 1984, 1996, 1997,  
2003

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SECOND PHASE

From the last of October through December includes track workouts of volume and sprint workouts two days a week. We use Monday and Wednesday as volume days with ladder-type workouts. Examples:

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 X 110	8 X 200 - 2 sets X 4	1 X 200	2 sets X 3 X 150's	Weights
1 X 200	Work on sprint relay	1 X 200	Work on sprint	
1 X 200		1 X 500	relay	
1 X 600		1 X 300		
1 X 200		1 X 200		
1 X 110		1 X 110		
and		and		
Weights		Weights		

INDOORS

our sprinters are still in a strength type phase, but shortened depending on their ability and range.

JANUARY

MON. - 1 X 600, 1 X 300, 1 X 200, 1 X 110  
 TUES. - Starts  
 WED. - 4 X 200 or 3 X 250's  
 THURS. - 4 X 150's  
 FRI. - Jog and stretch  
 SAT. - Meet  
 SUN. - Rest

FEBRUARY - Monday's workout changes from 600 to 500

OUTDOOR SEASON

Monday's workout goes down to 1 X 450  
 1 X 300  
 1 X 200  
 1 X 110

TUES. - Sprint relay handoffs and starts  
 WED. - Sprint relay handoffs + 3 X 200 or 3 X 250's  
 THURS - Sprint relay handoffs + 3 X 150's around curve  
 FRI - Stretch and jog  
 SAT - Meet  
 SUN - Rest

Later in the season we drop to 300's instead of 450's and the progression is more quality less quantity. In order to run a good 200, you must have strength and speed. Both need to be maintained at different levels through-out the year.

#### BLOCK PLACEMENT AND STARTS

Simple way to set blocks on the track behind the starting line without pedals and have athlete adjust to starting line. Then move blocks up behind feet.

Another way is to take lead pedal and place it two of the athlete's feet measurements back from the line. Then do the back pedal measured three of athlete's feet back from starting line. Then make adjustments accordingly to make sure athlete is comfortable and in a balanced position behind starting line.

The arms on the starting line should be at a width that is comfortable for the individual. Too much tension on the arms causes early anticipation in the start. When we come up to set position, the hips are slightly higher than our shoulders. It is at this point that we want to achieve a balanced position in the blocks. When we drive out of the blocks, our eyes are on the track and we drive the arm opposite the lead leg straight back. If we bring the head up too soon, that allows the hips to settle and brings us straight up out of the blocks. This caused our momentum to stop and we have to start our running all over again. Once we get beyond 20-30 meters, we need to get "tall" in a running position with our feet underneath our hips. We are accelerating to 60 meters working on being relaxed, so at or about 60 meters our knees will come up and we will experience lift. Then we work on form and try to hold our speed through and beyond the finish line.

CONSISTENCY IS THE MOST IMPORTANT PHASE IN BLOCKWORK.

Three phases in the running of the 100 meters.

1. Acceleration phase - 0-60 meters
2. Relaxation phase - 60-90 meters
3. Holding phase - 90-100 meters

Strength is speed. The ability to hold your top end longer enables an athlete to produce a faster time.

Our sprint relay work is started every day with quickness drills. The relay has their standing drill that they line up in and work on handling the baton as quickly and efficiently as possible. Then they work on baton exchanges within the proper zones.

1st person to 2nd person and 3rd person to 4th person. In order to run a great relay, we believe you must finish or run through the exchange so that the baton never slows down. In all great relays, your personnel must fit their position. Our first man runs a good curve and is good out of the blocks. He hands off right to left making sure he stays on the inside of the lane. The second person hands off from left to right maintaining the outer portion of his lane. The third person hands off from right to left. It is very easy to jam a handoff if each person does not maintain his or her position in their lane.

Again, what we do works for our program. The main issue is that our people believe in our program and our philosophy. This enables us to be effective in what and how we teach.