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SOUTH DAKOTA STATE UNIVERSITY

# SPRINTING: BEING GREAT AT THE BASICS





- Bucknam, Case, Geopfert
- Paulsen, Blocker, Edson
- Wilson, Thornton, Bingle
- Endersbe, Lovas
- Woody, Bockman,  
Kettenhofen,  
Munterferring
- ALTIS
- DeHaven, St.John, Lippert







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GO BIG. GO BLUE. GO JACKS.



# COACHING PHILOSOPHY

- Athlete Centered & Athlete Driven
- 'Open Track Policy'
- 4-5 Year Process
- GOOD Energy



ATHLETE DRIVEN



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# TRAINING PHILOSOPHY

- 'Feel Good' = Train
- Pharmacy
- Train Fast = Lots of Rest = 'Feel Good'
- Accelerate Daily
- Technique Rules the Day
- 'Look Off' = NOT GOOD

“Micro dictates MACRO.”

–STU MCMILLAN



# MACRO

- GPP - Meso 3-5 weeks
- Special Prep - Meso 3 & 6 week cycles
- Pre-Competition
- Competition
- Transitions



# MESO

- 3 Weeks Make-Up
- Week 1 - 80%
- Week 2 - 100% - Decrease the density
- Week 3 - 50-60% (De-Load)



# MICRO

- Warm-Up - 20-35 min
- Body - 15-30 min
- Cool-Down - 10 min
- Typical Day - 50-70 min



# MICRO - GPP

- Monday - Short Acceleration
- Tuesday - Shake Out to Circuit
- Wednesday - Technical to Max Velocity
- Thursday - Shake Out / Light Drills
- Friday - Long Hills
- Saturday / Sunday - Off / Mobility / Active Recovery



# MICRO - SPECIAL PREP

- Monday - Acceleration / Lift
- Tuesday - Max Velocity / Lift
- Wednesday - Regen
- Thursday - Resisted Acceleration / Technical / Lift
- Friday - Technical / Stadiums / Hills
- Saturday / Sunday - Off

# MICRO - PRE-COMPETITION

- Monday - Max Velocity / Lift
- Tuesday - Technical / Speed Endurance / Lift
- Wednesday - Regeneration
- Thursday - Acceleration / Technical / Lift
- Friday - Special Endurance
- Saturday / Sunday - Off



# MICRO - COMPETITION

- Monday - Personalized / Prep / Lift
- Tuesday - Max Velocity
- Wednesday - Technical / Speed or Special End / Lift
- Thursday - Regen
- Friday - Pre-Meet
- Saturday - Competition
- Sunday - Treatment / Off

# WARM-UP

- General
- Dynamic Flexibility
- Drills
- Strides
- Build-Ups
- Additional Technical



# ACCELERATION / RESISTED

- 30m and under with full recovery
- Sleds / Stairs / Hills
- Staggered (Roll-Over) / Crouch / 3- & 4-Point
- Drop-In
- Med-Ball Throws
- Skips for Distance
- Standing Long and Triple into the sand

# MAX VELOCITY

- 30m-60m with full recovery
- Wickets / Mini-Hurdles
- 'Floats'
- Flies
- Sprint-Float-Sprint (multiple versions)
- Hurdle Hops



# SPEED / SPECIAL ENDURANCE

- Usually at very low volume with complete recovery
- '4x1 Exchanges'
- 60m-150m
- Use competition as their SE / SpE session
- Very rarely TWO practice sessions within 10 days of each other



# COOL-DOWN

- Walk
- Mobility
- Lateral Movement
- Walk
- Treatment





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