

Nebraska Coaches Association
Sprints Starts/Acceleration

Speaker: Annika Pingel, Assistant Track and Field - Doane University

Session Overview:

Topic: Sprints: Start to Finish

Outline

1. Introduction

2. Coaching Philosophy / Sprint Training

3. Season Highlights

4. Sprint Events

- **Block Starts**
- **Acceleration**
- **Race Mindset**

5. Training Examples

- **Workouts**
- **Strength Training**

6. Audience Discussion
