



Training the Complete Sprinter Coach the Athlete within

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Assistant Coach, Sprints & Hurdles

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Thankful,
Grateful &
Blessed

Acknowledgement and Thanks:

- Pat Henry, Vince Anderson, Sean Brady, Alleyne Francique, Milton Mallard, Wendell McRaven, Kris Grimes, Juan De La Garza – Texas A&M
- Chris Johnson, Boogie Johnson – Arkansas
- Vincent Johnson – Kansas State, Nebraska
- Calvin Robinson – Texas Tech
- Past Head Coaches:
 - Dave Schenek – Barton CC / John Frazier – Texas State
- Dr. De'Lon Isom
- Jessica Beard
- Wonderful student-athletes
- And so so many more who have helped me tremendously on my journey!

Coaching Timeline

**Archbishop Carroll
High School,
Washington DC**

- Assistant Coach 2010-2013
- Head Coach 2013-2016

**Texas A&M
University, College
Station, TX**

- Volunteer Assistant Coach 2016-2019

**Barton County
Community College,
Great Bend, KS**

- Assistant Coach (Sprints, Hurdles,
MidDistance, XC)
- 2019-2021

**Texas State
University, San
Marcos, TX**

- Assistant Coach (Sprints, Hurdles &
Relays) 2021-2024

**University of
Nebraska, Lincoln, NE**

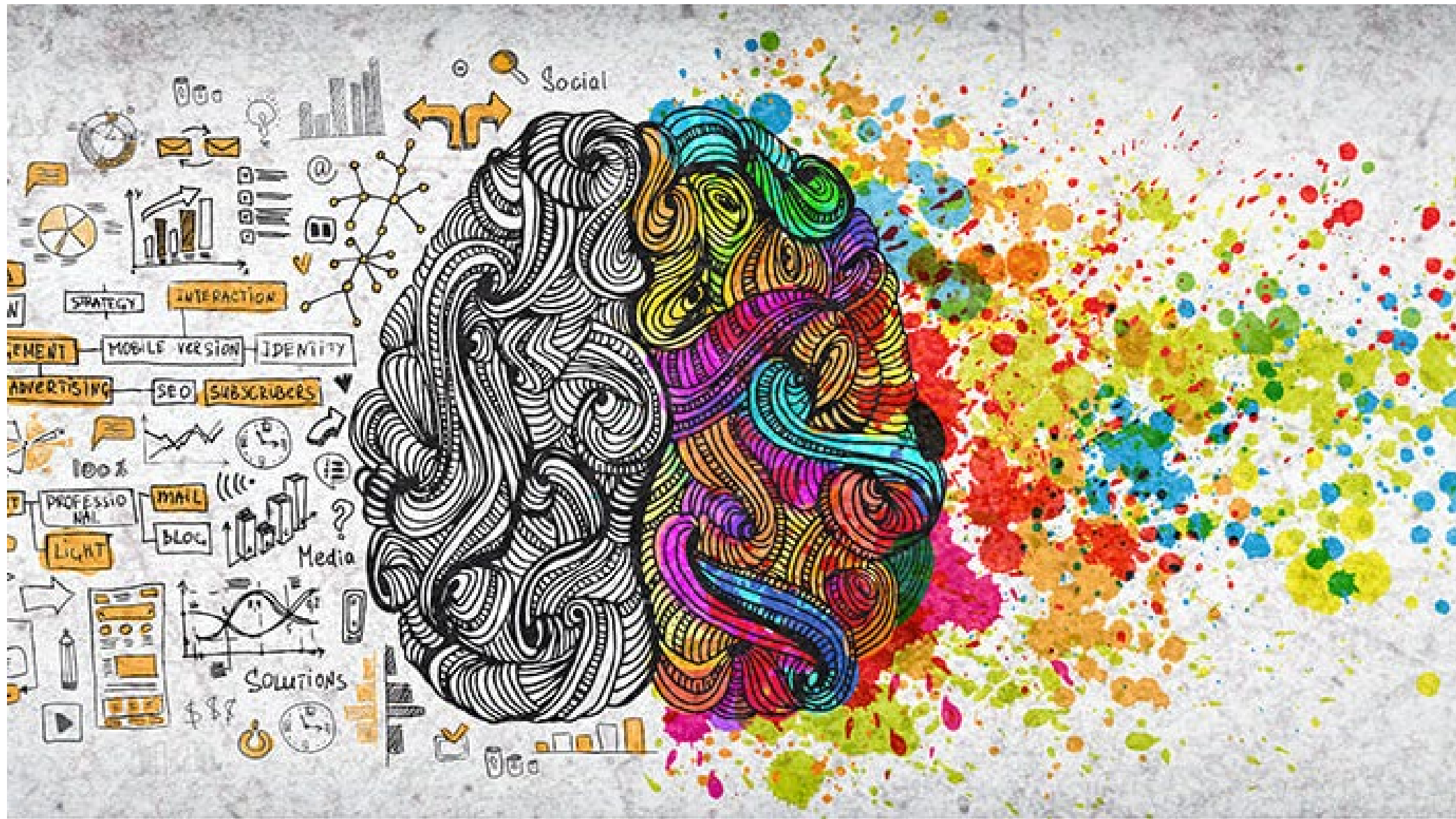
- Assistant Coach (Sprints & Hurdles) Sep
2024- present



Crossroads

Train the
ATHLETE
within

- We train to run both relays: 4x100 and 4x400
- Even our “specialist” can run both relays and multiple events
 - (ie. 100/110h > runs 4x100, 100m and/or 200m)
 - (ie. 400m athlete > runs 100m and/or 200m, 4x100 and 4x400)
 - They can run up to each of these events in a given competition day/weekend.
 - Have only had one individual who could run up to 3+ events each competition.
 - Sedrickia Wynn: 60mH/100mH, 60m/100m, 200m, 4x100 (2023)



GENERAL PREP

MONDAY

Strength Training/Abs
Tempo Runs/ Volume
Speed Development
Multi Throws

TUESDAY

Multi Jumps
Acceleration Development
Speed Endurance

WEDNESDAY

Strength Training/Abs
Active Recovery – Pool Training -OR- Academic Day – OFF. Complete Rest

THURSDAY

Multi Jumps
Acceleration Development
Speed Endurance

FRIDAY

Strength Training/Abs
Tempo Runs/ Volume
Speed Development
Multi Throws

SATURDAY/ SUNDAY

OFF – Complete Rest

UNIVERSITY OF NEBRASKA Track & Field wk04.23

General Preparation 1 / Base training as a whole team / Change the way you think

MONDAY, Sep 12 /

6:00a Strength Training/Abs

2:30 GROUP – Meet at Grass. [Basic warm up (30m)]

G1: 6 x (2 x 35" sec runs) / 2' btwn reps, 4' btwn sets [M: 28.0" /W: 32.0"]

G2: 2 x 45" – 40" – 35" – 30" – 25" – 20" / 4' btwn reps [M: 30.0" /W: 34.0"]

TUESDAY, Sep 13/

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

Intro: Jumps: 6 x SLJ /

Intro: Basic Acceleration "Pushing" / 6 x 14 str acceleration ladder

G1: 8 x 60m / 1' rest btwn reps, 2' btwn pairs [+90% intensity]

G2: 2 x 15" – 20" – 25" sec runs / 2' btwn reps, 4' btwn sets [M: 28.0" /W: 32.0"]

WEDNESDAY, Sep 14/

6:00a Strength Training/Abs

Academic Day – OFF. Complete Rest

THURSDAY, Sep 15/

2:30 GROUP – Meet at Grass. [Basic warm up (30m)]

Multi Jumps: 10 x SLJ /

Intro: Basic Acceleration "Pushing" / 6 x 14 str acceleration ladder

4 x 90m – 45m – 45m infield grass circuit

walk rest/
Circuit: 90m up >> 5 sq jumps/ 5 push-ups/ 45m back << 5 p.u./ 45m to finish <</ 20 bicycle abs/ 4-5'

FRIDAY, Sep 16/

6:00a Strength Training/Abs

2:30 GROUP – Meet at Grass. [Basic warm up (30m)]

G1: 15" – 20" – 15" – 20" – 15" – 20" / 5' btwn reps [M: 28.0" /W: 30.0"]

G2: 25" – 35" – 25" – 35" – 25" – 35" / 5' btwn reps [M: 30.0" /W: 32.0"]

SATURDAY, Sep 17/ SUNDAY, Sep 18/

OFF – Complete Rest

UNIVERSITY OF NEBRASKA Track & Field wk06.23

General Preparation 1 / train with Intent. Learn, adjust and improve posture.

MONDAY, Sep 26/

6:00a Strength Training/Abs

2:30 GROUP – Meet at Grass. [Basic warm up (30m)]

4-5 x 18 str Vmax drill

G1: 6 x 30" sec runs / 3' btwn reps [M: 28.0" /W: 32.0"]

G2: 3 x 30" – 30" / 1' btwn reps, 4' btwn sets [M: 30.0" /W: 34.0"]

TUESDAY, Sep 27/

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

Multi Jumps: 4 x SLJ / 4 x STJ in sand pit

6 x Acceleration ladder [2 x14, 2x16, 2x18]

G1: 3 x 15" – 15" sec run / 1' rest btwn reps, 4' btwn pairs [M: 26.0" /W: 30.0"]

G2: 2 x (4 x 50m) 1' rest btwn reps, 2' btwn pairs, 4' btwn sets [+90% intensity]

WEDNESDAY, Sep 28/

6:00a Strength Training/Abs

Academic Day – OFF. Complete Rest

THURSDAY, Sep 29/

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

3-4 x 18 str acceleration ladder

3-4 x Vmax ladder (16w)

2 x 60m completion runs grass. COMBINE ideas --- Put it together

Multi Jumps: 12 x Single leg jumps (6 x L, 6 x R)

FRIDAY, Sep 30/

6:00a Strength Training/Abs

2:30 GROUP – Meet at Grass. [Basic warm up (30m)]

G1: 3 x 30" – 20" – 30" – 40" / 4' btwn reps, 8' btwn sets [M: 26.0" /W: 30.0"]

G2: 3 x 50" – 40" – 50" – 40" / 3' btwn reps, 6' btwn sets [M: 28.0" /W: 32.0"]

SATURDAY, Oct 1/ SUNDAY, Oct 2/

OFF – Complete Rest

EARLY COMPETITION PHASE

MONDAY

Strength Training/Abs
Tempo Runs/ Volume
Speed Development
Multi Throws

TUESDAY

Multi Jumps
Acceleration Development
Speed Endurance

WEDNESDAY

Strength Training/Abs
Active Recovery – Pool Training
Academic Day – OFF. Complete Rest

THURSDAY

Multi Jumps
Acceleration Development
Speed Endurance

FRIDAY

Tempo Runs/ Volume
Speed Development
Multi Throws

SATURDAY/ SUNDAY

OFF – Complete Rest

UNIVERSITY OF NEBRASKA Track & Field wk11.23

MONDAY, Oct 31/

BOO!!!

6:00a Strength Training/Abs

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

Vmax: SPLIT x 4 Vmax (2 flats, 2 spec shoes)

G2: 350, 250, 150 / 10-12' after 350, 8' after 250 [M 44-45, 29-30, 18.0 /W: 48-49, 34-35, 21.0]

G1: 300, 200, 100 / 8-10' after 300, 6' after 200 [M: 37-38, 24.0, 18.0 /W: 40.5-42, 28.0, 21.0]

walk 1 interior lap / V Max: SPLIT 2 x Vmax

TUESDAY, Nov 1/

12:30 HUR – drills / 5-6 x 4h starts (contrast solo and group / 1 x (30m relay zone, from blocks), 2 x ins and outs

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

Contrast: 3 x (30 accel from relay zone, 30m from blocks) / last 2 in spec shoes

SPR: 3 x **ins and outs** (2 straight, 1 curve) 25m accel zone, 15 out, 15 in, 15 out

Multi Jumps: 4 x standing triple jump

WEDNESDAY, Nov 2/

6:00a Strength Training/Abs

Meet at Pool – Rec Center. Bring ID

THURSDAY, Nov 3/

12:30 HUR: 4 x 6h (8 str approach) contrast low and high hur

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

Multi Jumps: SLJ (4 dbl, 4, L, 4 R)

Intro: “uphill” (or equivalent)

Contrast: 2-3 x (30m, 80m completion run [3' ater 30m, 8' after 80m]

FRIDAY, Nov 4/

6:00a Strength Training/Abs

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

SPR: 200, 100, 100 / 150, 150, 50, 50 // 6' after 200, 3' btwn 100, 8' btwn set, 4' btwn 150, 2' btwn 50's [M: 23, 13.0, 12.0 / 18, 18, MAX // W: 25, 15.0, 14.0 / 20, 20, MAX]

SATURDAY, Nov 5/ SUNDAY, Nov 6/

OFF – Complete Rest

UNIVERSITY OF NEBRASKA Track & Field wk13.23

Test 45" run (Some hurdlers have one session only due to testing)

MONDAY, Nov 14/

6:00a Strength Training/Abs

2:30 GROUP – Meet at Grass. [Basic warm up (30m)]

Vmax : 4-5 x wicket drill

4 x 75m ins and outs (alternate straight and curve)

4 x SLJ

TUESDAY, Nov 15/

12:30 HUR 4-5 x 6h speed hur (contrast high and low hur)

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

3 x 30m accel (out of relay zone)

2 x 120 segment runs (grass)

5 x ohb, bkf (alternate light, heavy)

WEDNESDAY, Nov 16/

6:00a Strength Training/Abs

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

2 x Vmax drill

1 x 50m Acceleration Completion runs [intensity=100%] (race modeling)

Test G1 & G2: 45" trial (timed from first step).

THURSDAY, Nov 17/

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

Walk / jog – 15' minutes

FRIDAY, Nov 18/

6:00a Strength Training/Abs

1:30 HUR: 6 x 3-4h approach w call (contrast solo and group)

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

4-5 x Vmax

SPR: Contrast 3 sets (20m resisted, 20m half start, 30m from blocks – both pedals) last 2 in spec shoes

400H: 4-5 x secondary leg

REST



- Rest is Important!
 - Pay attention to the individual and their body language
- Work Smarter, Not Harder!

COMPETITION PHASE

MONDAY

Strength Training/Abs
Multi Jumps
Acceleration Development
Speed Endurance

TUESDAY

Tempo Runs/ Volume
Speed Development
Multi Throws

WEDNESDAY

Strength Training/Abs
Active Recovery – Pool Training
Acceleration Development
Speed Endurance

THURSDAY

Travel – Pre-Meet Warm Up

FRIDAY

COMPETE

SATURDAY

COMPETE

SUNDAY

OFF – Complete Rest

UNIVERSITY OF NEBRASKA Track & Field wk30.23
TEAM, TEAM, TEAM! Outdoor / 400H dev / 4x100 dev

MONDAY, Mar 13/

6:00a Strength Training/Abs

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

3 x 30m accel from relay zone

4 x 100 exchanges – incoming use blocks

7 x 55m grass / 2' rest btwn reps [+90% intensity]

TUESDAY, Mar 14/

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

G1: 2 x 120, 2 x 110, 2 x 100 / 2' btwn reps, 4' btwn pairs [M: MAX /W: MAX]

G2: 250, 200, 150, 100 / 6' btwn reps

6 x Multi Throws, dynamic – move quick! (bkf, ohb)

WEDNESDAY, Mar 15/

Day – OFF. Complete Rest

THURSDAY, Mar 16/

12:30 100/110 HUR: 5 x 3h approaches / speed hur 8, 10, 10, 8 // 400H: 2 x H1–H3, 1 H1– H8

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

1 x (20, 30, 40, 40, 30) from blocks – set hygiene, load pedals

FRIDAY, Mar 17/

6:00a Strength Training/Abs

2:30 GROUP – Meet at Grass. [Day Before Competition warm up (30m)]

All: 2 x starts from blocks (30m)

4 x 100 exchanges as required

UNIVERSITY OF NEBRASKA Track & Field wk32.23

Texas Relays/ Keep learning & Improving

MONDAY, Mar 27/

6:00a Strength Training/Abs

1:00 HUR 4-5 x 5h half starts from 8 str approach, speed hurdles: 8, 10, 10, 8

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

2 x 20m resisted starts

>>> from “zero” 2-3 x 40m accelerations – cue block starts / set hygiene (must be consistent) / push

4x100 exchanges in zone (incoming use blocks to supplement starts)

TUESDAY, Mar 28/

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

3-4 x Vmax drill (over 14 wickets)

G1: 1-2 x 120 / 10' rest

G2: 3 x fly 140 / 4' rest btwn – race modeling

Multi throws: 4 x ohb, 4 x bkf

WEDNESDAY, Mar 29/

6:00a Strength Training/Abs

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

2-3 x 30m acceleration (curve or straight)

4 x 100 exchanges in zone

THURSDAY, Mar 30/

2:30 GROUP – Meet at Track. [Basic warm up (30m)]

16 x Walkovers w med ball (4 sgl, 4 lateral, 4 sgl, 4 lateral)

FRIDAY, Mar 31/ COMPETE

TBA – Day Before Competition WU

All: 2 x starts from blocks (40m)

SATURDAY, Apr 1/ COMPETE

PROOF IS IN THE PUDDING



- **Short Sprints/Hurdles:**
- Caleb Boger: 10.44, 21.10 > 10.25, 20.34
- Denzell Feagin: 10.55, 21.34 > 10.11, 20.48
- Sedrickia Wynn : 12.08, 25.23, 13.72 > 11.24, 23.06, 13.09
- Taejha Badal: 11.68, 23.77 > 11.45, 23.34
- Ma'Khi Falkquay: 11.70, 24.39 > 11.44, 23.55
- Daniel Harrold: 14.02, 38.14 > 10.37, 7.62, 13.41

- **Long Sprints:**
- Lashanna Graham: 55.21, 57.59 > 53.72, 57.26
- Kelsie Belquist: 56.23 > 55.07i
- Abrielle Artley: 55.10 > 54.94i
- Brian West II: 22.14, 49.25 > 21.02, 46.45
- Taahir Kelly: 21.84, 47.83 > 20.70, 45.84
- Ashton Callahan: 10.60, 21.18 > 10.32, 20.78, 46.42
- Dominick Yancy: 21.37, 47.65 > 10.34, 20.40, 45.72

THANK YOU ALL



- Thank you all for the opportunity to be here... truly honored to be able present to you all today.
- Grateful to be able to share and spread some of my knowledge. Very fortunate to be mentored by some amazing individuals.
- Knowledge is POWER!
 - Share what you know as it will help someone in the long run. Pay it forward.



Q&A

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 - @CoachEdgerton

Contact