

Fast – Not Fried **Balancing Volume/Intensity For** **Sprinters**

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Journey and Influences

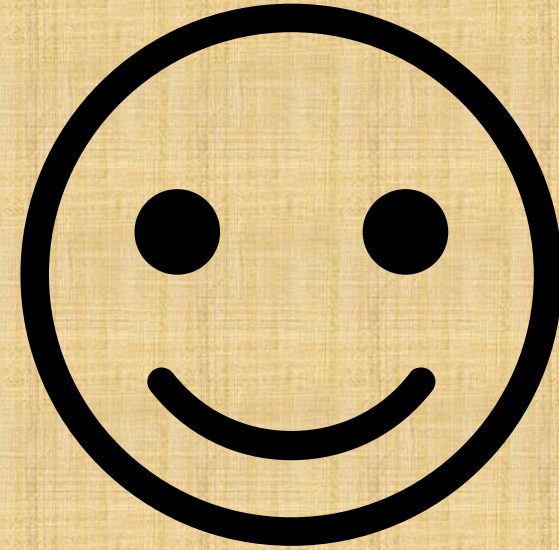
Athletic Career

- 2004-2007 – Fremont High
 - Football-Basketball-Track
- 2007-2008 – UNK
 - Football
- 2008-2012 - NWU
 - Track and Field

Coaching Career

- 2012-2015 - Omaha North / McMillan
 - Track and Field / Middle School Football
- 2015-2023 – Nebraska Wesleyan
 - Assistant Coach
 - Sprints / Relays
- 2023-Present – Nebraska Wesleyan
 - Director of XC / Track and Field

Measuring Success



A Few Numbers

Women

- 12.59 → 11.57
- 25.98 → 23.56
- 58.13 → 54.74
- 2:20.70 → 2:09.74
- 47.11
- 3:41.09

Men

- 11.08 → 10.63
- 22.56 → 21.38
- 50.66 → 47.12
- 2:00.05 → 1:48.69
- 40.95
- 3:09.79

Tracking ... Our 7

- Speed (Acceleration / Max Velocity)
- Speed Endurance - Spikes
- Speed Endurance - Flats
- Tempo
- Hills
- Power
- Strength Training

Speed (Acceleration/Max Velocity)

<u>Acceleration</u>	<u>Max Velocity</u>
10-40m reps	40-80m reps
Volume: See Below	Volume: See Below
Ladder up concept (shorter over longer)	100% Intensity - hold up to 3 seconds
100% intensity	Full Recovery
Full Recovery	Every 10-17 Days
48 hours	48-72 hours

0-200

200-399

400+

Speed Endurance (Spikes)

120-300m reps

Volume: See Below

3-6 minute recovery or full / depending on run

90+%

48-72 hours

0-500

500-1199

1200+

Speed Endurance (Flats)

120-300m reps

Volume: See Below

3-6 minute recovery or full / depending on run

80-89%

48-72 hours

0-500

500-1199

1200+

Tempo

100-600m reps

Volume: See Below

Turf / Track

<80% Intensity

30s - 5 min

24 hours

0-699

700-1799

1800+

Power – Hills - Lifting

Bounds (20-30m)

0-4

5-7

8+

Jumps

0-20

20-39

40+

Resisted (20-30m) / Stairs

(0-4)

(5-7)

(8)+

Throws/Slams

0-10

10-29

30+

Hills

0-4

5-8

9+

Lifting
Squats/Legs (Day 1)
Arms (Day 2)
Mix Day (3)

Competition	3/17	3/24 (F)	3/31 CUNE (SA)	4/7 Doane (T/F)	4/14 KU/UNK (F-SA)	4/21 NWU/Drake (SA)	4/28 USD (SA)	5/5 Conf (F-SA)	5/12 Qualifier (TH)	5/19 Nationals (TH)
Running										
Speed (Acceleration / Max V)	210	290	140		140	220	350	280	70	140
Speed Endurance Recovery: 3-4m per 100 or Full Spikes 90%+	420	150	500	1000 (All in two meets)	400	650	150	300	200	450
Speed Endurance Recovery: 2-3m per 100 Flats >80%		1,650					650			
Tempo Flats	1200		1200		600	1100	400	400	400	
Hills	1,000 (10)		600		600					
Plyometrics / Power										
Plyos-Bounds-Pulls-Med Balls	45 Jumps		5 Bounds 30 Jumps 6 Pushes 24 Throws	16 Jumps		4 Bounds 20 Jumps	4 Stairs 20 Jumps 18 Throws	20 Jumps		4 Bounds 25 Jumps
Lifting										
Squats/Legs (Day 1)	x	x (SA)							x (F)	
Arms (Day 2)			x	x						
Mix Day (3)	x	x	x	x	x	x	x	x	x	x
Notes	In Spikes: 630 On Track: 2,830	In Spikes: 440 On Track: 2,090	In Spikes: 640 On Track: 2,440	In Spikes: 1000 (All in a meet)	In Spikes: 540 On Track: 1,740	In Spikes: 870 On Track: 1970	In Spikes: 500 On Track: 1650	In Spikes: 580 On Track: 980	In Spikes: 270 On Track: 670	In Spikes: 590 On Track: 590

Early Season Meet/No Meet

Date: Monday, March 25th

****5:05 Team Meeting****

Sprinters/Jumpers/Hurdles:

Focus: negative split some larger distances

- Warm Up – Be quick, but don't hurry ... be efficient
- 2 x 80
- Long/400H: 300-400-400-300 w/4-5 min recovery
 - M: 23/21 W: 26/24 and M:33/31 W: 37/35

Track and Field Practice Plan

Date: Thursday, March 28th

Sprinters:

Focus: quality speed and speed endurance today...let's be sharp!

- Warm Up
- 60-80
- 4x1 Group
 - Standing Hand Offs
 - 2 x 30 Standing Starts
 - 1 good runout through the zone and 1-2 x Exchanges at each zone
 - 3 x 30m starts OYO (short) or 1-2 x 70 (Long) or Run Throughs (Jumpers)
 - 200-300 (Long) / 150-200 (Short) @ Fast and Relaxed Speed w/Full Recovery
 - 23-25 / 27-29 and 37-41 / 43-47
- Non 4x1 Group
 - 3 x 30 Standing Starts (Long) / 3 x 30 Blocks (Short)
 - 3 x 70 Pickups @ Fast and Relaxed Speed or Run Throughs (Jumpers)
 - 200-300 (Long) / 150-200 (Short) @ Fast and Relaxed Speed w/Full Recovery
 - 23-25 / 27-29 and 37-41 / 43-47
- If Competing Saturday: Friday Strength Training
- Good Cool Down (2:00 PM Practice Tomorrow)

Date: Tuesday, March 26th

Sprinters/400H:

Focus: good quality power day ... feel powerful jumping and throwing heavy objects!

- Warm Up
- 2 x 60
- Bounds: 2 lengths ... LL – RL – Alternate – Bunny
- 6 x 5 Hurdle Jumps
- Throws: 10 x OHB – 10 x Granny – 10 x Chest Pass
- Strength Training:
 - Competing Saturday: All of Monday
 - Not Competing Saturday: All of Friday

Date: Friday, March 29th

Sprinters

Focus: think about 30-33 and 26-29 200 speed ... 3-5 min recovery

- Warm Up
- 40-60-80
- Short
 - In flats: 250-200-150
- 400 Sprinters
 - In Flats: 350-250-150
- All: Finish w/8 x Stairs
- Strength Training: Monday

Mid Season

Date: Monday, April 21st

Sprinters

Focus: If you want to run 47/48 or 56-58 ... you need to run these types of speeds over and over in workouts ... all in spikes

- Warm Up
- 2 x 80
- 4x1:
 - 2 x 40 Standing Starts
 - 1 x Dry Run and 1-2 Handoffs
- No 4x1:
 - 3 x 40 Standing Starts
- All:
 - 250-200-200 (24-25 / 29-31) w/5-6 minute recovery
- Cool Down

Date: Tuesday, April 22nd

Sprinters

Focus: take advantage of another good day and be able to run back to back days ... start slower and work your way down each rep

- Warm up
 - 40-60-80
 - 4 x 5 Hurdle Jumps
 - 4 x Alternate Bounds
 - 2 x Diagonals + 3 x 300 @ 42-45 / 49-52 w/3-4 min recovery
- Or (depending on who you are)
- 4 x Diagonals + 3 x 200 @ 28-30 / 32-34 w/3-4 min recovery
 - Strength Training: Tuesday Lift

Track and Field Practice Plan

Date: Thursday, April 24th

Sprinters

Focus: Light Tune Up

- Warm Up
- 2 x 80
- 2 x 70 Pick Ups in spikes or a 2-3 block starts
- Strength Training Saturday – Do only the following:
 - Snatch-Rack Pulls-SB Pikes

Date: Monday, May 5th

5:05 Team Meeting

Sprinters/800

Focus: shakeout legs from busy weekend

- Warm Up (Campus Loop for 800 runners w/A's and B's instead)
- 2 x 60
- 2 x 5 Hurdle Jumps
- Sprinters: 4 x Diagonals w/ End Zone Walk Recovery
- 800: 6 x Diagonals w/ End Zone Jog Recovery
- Cool Down

Conference Week

Track and Field Practice Plan

Date: Tuesday, May 6th

Sprinters/Jumpers That Sprint

Focus: speeds ... 17-18 / 20-22 (150) and first lap 200 speed in the 300 but very relaxed

Order For Jumpers: Handoffs – starts/jump tech – track workout – lifting

- Warm Up
- 2 x 60
- 4 x 1 Teams
 - 1 x 40 Standing Start
 - 1 x Dry Run and 1 x Exchanges Keeley go hurdle w/Scott
 - Block Starts: 20-30-40
 - Short: 1 x 150 / Long 1 x 300
- Non 4 x 1
 - Short:
 - Block Starts: 2 x 20 – 30 – 40
 - 150-120 @ full recovery
 - Long:
 - 2 x 30 Starts on Curve
 - 70 - 150 - 300 @ full recovery
- Strength Training – everything **except** shrug jumps

Qualifier / Nationals

- Monday
 - Light Power – 4-6 x Diagonals – Bench/Snatch/Core
- Tuesday
 - Light Speed/Speed Endurance (4x1 ... Handoffs ... 1-2 Starts ... 1x120/150/200/250 ... TBD) ... Travel
- Wednesday
 - Off
- Thursday
 - Compete
- Friday
 - Light Power – Squat/Clean/Glute Ham
- Saturday
 - Off
- Sunday
 - Blocks/Handoffs – 1-2 x 200 w/handoffs ... First 200 rhythm @ full recovery ... finish w/150/250/300 ... if needed
- Monday
 - Warm up ... 4x4 HOFF review if needed ... Bench/Snatch/Core
- Tuesday
 - Travel / Shake out
- Wednesday
 - Off

End of Year ... fast NOT fried

11.80 – 12.08 – 11.74 (P) – **11.56 (F)**

24.24 – 24.28 – 24.21 – 24.58 – 23.79 (P) – **23.56 (F)**

56.63 – 56.41 – 56.10 – 55.30 – 56.59 (P) – **54.74 (F)** – 55.33 (P) – 54.96 (F)

2:12.58 – 2:21.57 – 2:12.90 – 2:11.32 – 2:09.74 (P) – **2:09.74 (F)**

47.59 – 47.30 – 47.76 – 47.52 – 47.32 – 47.82 – **47.11** – DQ

3:48.06 – 3:46.22 (P) – 3:42.62 (F) – 3:47.08 – 3:43.13 (P) – **3:41.09 (F)**

10.98 – 10.80 – 10.74 – 10.70 (P) – **10.63 (F)**

22.31 – 21.73 – 21.89 – 21.89 (P) – **21.38 (F)** – 22.27

47.38 – 47.82 – 48.21 (P) – **47.12 (F)** – 47.24 (P)

1:50.32 – 1:50.87 – 1:54.74 (P) – **1:48.69 (F)** – 1:49.23 (P) – 1:49.53 (F)

42.01 – 41.58 – 41.88 – 41.81 – 41.38 – 41.67 – 41.12 (P) – **40.95 (F)**

3:14.87 – 3:13.55 – 3:14.11 – **3:09.79** - 3:11.77 (P) – 3:11.90 (F)

			Recovery: 2-3m per 100m						Recovery: 3-4m per 100m						Recovery: Full Recovery				
			Speed Endurance Flats (80-89%)						Speed Endurance Spikes (90-94%)						Speed Endurance Spikes (95+%)				
200 PR	400 PR		100	150	200	300	400		120	150	200	300	400		120	150	200	300	400
21.36	47		13-14	17-19	24-26	38-42	52-58		13-14	16-17	22-23	36-37	50-52		12-13	15-16	21-22	34-35	47-49
21.53	47.5		13-14	17-19	24-26	38-42	53-59		13-14	16-17	22-23	36-37	50-52		12-13	15-16	21-22	35-36	48-50
21.71	48		13-14	18-20	24-27	39-43	53-60		13-14	17-18	23-24	37-38	51-53		12-13	15-16	22-23	35-36	48-50
21.88	48.5		13-14	18-20	24-27	39-43	54-60		13-14	17-18	23-24	37-38	51-53		13-14	16-17	22-23	35-36	49-51
22.06	49		13-14	18-20	24-27	40-44	55-61		13-14	17-18	23-24	37-38	52-54		13-14	16-17	22-23	36-37	49-51
22.24	49.5		13-14	18-20	25-27	40-44	55-61		13-14	17-18	23-24	38-39	52-54		13-14	16-17	22-23	36-37	50-52
22.42	50		13-14	18-20	25-28	40-44	56-62		13-14	17-18	23-24	38-39	53-55		13-14	16-17	22-23	37-38	50-52
22.6	50.5		13-14	18-20	25-28	41-45	56-63		14-15	18-19	24-25	39-40	53-55		13-14	16-17	22-23	37-38	51-53
22.78	51		13-14	19-21	25-28	41-45	57-63		14-15	18-19	24-25	39-40	54-56		13-14	16-17	23-24	37-38	51-53
22.97	51.5		14-15	19-21	25-28	42-46	57-64		14-15	18-19	24-25	39-40	54-56		13-14	16-17	23-24	38-39	52-54
23.34	52.5		14-15	19-21	26-29	42-46	59-65		14-15	18-19	25-26	40-42	55-57		14-15	17-18	23-24	39-40	53-55
23.52	53		15-16	19-21	26-29	43-47	59-66		14-15	18-19	25-26	40-42	56-58		14-15	17-18	23-24	39-40	53-55
23.71	53.5		15-16	19-21	26-29	43-47	60-66		14-15	18-19	25-26	41-43	57-59		14-15	17-18	24-25	39-40	54-56
23.9	54		15-16	20-22	26-29	44-48	60-67		14-15	18-19	25-26	41-43	57-59		14-15	17-18	24-25	40-41	54-56
24.09	54.5		15-16	20-22	27-30	44-48	61-68		15-16	19-20	25-26	42-44	58-60		14-15	17-18	24-25	40-41	55-57
24.28	55		15-16	20-22	27-30	44-48	61-68		15-16	19-20	25-26	42-44	58-60		14-15	18-19	24-25	41-42	55-57
24.47	55.5		15-16	20-22	27-30	45-49	62-69		15-16	19-20	26-27	42-44	59-61		14-15	18-19	24-25	41-42	56-58
24.67	56		15-16	20-22	27-30	45-49	62-70		15-16	19-20	26-27	43-45	59-61		14-15	18-19	25-26	41-42	56-58
24.86	56.5		15-16	21-23	27-30	46-50	63-70		15-16	19-20	26-27	43-45	60-61		14-15	18-19	25-26	42-43	57-59
25.06	57		15-16	21-23	28-31	46-50	64-71		15-16	19-20	26-27	44-46	60-62		14-15	18-19	25-26	42-43	57-60
25.25	57.5		16-17	21-23	28-31	46-50	64-71		16-17	20-21	27-28	44-46	61-63		14-15	18-19	25-26	42-43	58-60
25.45	58		16-17	21-23	28-31	47-51	65-72		16-17	20-21	27-28	44-46	61-63		14-15	18-19	25-26	43-44	58-61
25.65	58.5		16-17	21-23	28-31	47-51	65-73		16-17	20-21	27-28	45-47	62-64		15-16	19-20	26-27	43-44	59-61
25.85	59		16-17	21-23	29-32	48-52	66-73		16-17	20-21	27-28	45-47	62-64		15-16	19-20	26-27	44-45	59-62
26.05	59.5		16-17	22-24	29-32	48-52	66-74		16-17	20-21	27-28	45-47	63-65		15-16	19-20	26-27	44-45	60-62
26.26	60		16-17	22-24	29-32	48-52	67-75		16-17	20-21	28-29	46-48	63-65		15-16	19-20	26-27	44-45	60-63
26.46	60.5		16-17	22-24	29-32	49-53	68-75		16-17	20-21	28-29	46-48	64-66		15-16	19-20	26-27	45-46	61-63
26.66	61		17-18	22-24	30-33	49-53	68-76		17-18	21-22	28-29	47-49	64-66		15-16	19-20	27-28	45-46	61-64
26.87	61.5		17-18	22-24	30-33	50-54	69-76		17-18	21-22	28-29	47-49	65-67		15-16	20-21	27-28	46-47	62-64
27.08	62		17-18	23-25	30-33	50-54	69-77		17-18	21-22	29-30	47-49	66-68		15-16	20-21	27-28	46-47	62-65
27.28	62.5		17-18	23-25	30-33	50-54	70-78		17-18	21-22	29-30	48-50	66-68		15-16	20-21	27-28	46-47	63-65
27.49	63		17-18	23-25	31-34	50-54	70-78		17-18	21-22	29-30	48-50	67-69		15-16	20-21	27-28	47-48	63-66

400M / Sprint Pacing Chart (Electronic)

150 Prediction	200 Prediction	300 Prediction		1st 200	2nd 200	400 Goal
15.73	21.36	34.02		22.48	24.52	47
15.87	21.53	34.39		22.66	24.84	47.5
16	21.71	34.76		22.85	25.15	48
16.14	21.88	35.14		23.03	25.47	48.5
16.28	22.06	35.51		23.22	25.78	49
16.42	22.24	35.88		23.41	26.09	49.5
16.56	22.42	36.25		23.6	26.4	50
16.7	22.6	36.62		23.78	26.72	50.5
16.84	22.78	36.99		23.97	27.03	51
16.98	22.97	37.36		24.17	27.33	51.5
17.12	23.15	37.73		24.36	27.64	52
17.27	23.34	38.1		24.56	27.94	52.5
17.41	23.52	38.46		24.75	28.25	53
17.56	23.71	38.83		24.95	28.55	53.5
17.7	23.9	39.2		25.15	28.85	54
17.85	24.09	39.57		25.35	29.15	54.5
17.99	24.28	39.93		25.55	29.45	55
18.14	24.47	40.3		25.75	29.75	55.5
18.29	24.67	40.66		25.96	30.04	56
18.44	24.86	41.03		26.16	30.34	56.5
18.58	25.06	41.39		26.37	30.63	57
18.73	25.25	41.76		26.57	30.93	57.5
18.88	25.45	42.12		26.78	31.22	58
19.03	25.65	42.49		27	31.5	58.5
19.19	25.85	42.85		27.21	31.79	59
19.34	26.05	43.21		27.42	32.08	59.5
19.49	26.26	43.57		27.64	32.36	60
19.64	26.46	43.93		27.85	32.65	60.5
19.8	26.66	44.3		28.06	32.94	61
19.95	26.87	44.66		28.28	33.22	61.5
20.11	27.08	45.02		28.5	33.5	62
20.26	27.28	45.38		28.71	33.79	62.5
20.42	27.49	45.74		28.93	34.07	63

Questions??