

Sprint Development 100/200



Eric Lehmann
Waukesha South High School (WI)
Championship Sprint and Hurdle Camps
www.sprintcamps.com
elehmann@hurdlecamp.com

Qualities to achieve success

- Brains
- Dependability
- Ambition
- Willingness to work
- Positive Attitude
- Leadership



Level of Expectations

- Freshmen- Experience the total package of events. Emphasis on technique, warm-up, cool down, Moya (4 point) or Block Start fundamentals, proper stick work. Emphasis on competition.
- Sophomore - Identify place in the program. Disciplined practice patterns. Increasing training load, improve starts, identify relay position.

- Junior: Application of skills and knowledge gained in the program. "Break-out" year, interest in the sport and understanding of competition. Multiple events within the team.
- Senior: Leadership within the program, "Teach" the program to underclassmen. Understand the sacrifice and commitment to become a CHAMPIONSHIP athlete. Close relationship between athlete and coach.

Training Groups

- Sprint Group: 100m - Hurdles - Long Jump- Triple Jump- Pole Vault 4 x100 Relay
- Most freshmen start in the Sprint Group
- 200/400 Group: 200m 400m 300m Hurdles 4x200 Relay 4x400 Relay



Types of Workouts

(Season Progression)

- Do not work more than 3x Race Distance
- Long Speed Endurance: 150 - 300 Meters
80%-90% Effort Rest 12 - 15 Minutes
- Speed Endurance 80 - 150 Meters
90% Effort Rest: 5-7 Minutes (300m Workout Max)
- Aerobic Capacity 200 -300 Meters
65% Effort :45 Rest Per 200 1:15 per 300
(1400m Workout Max)
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- Aerobic Power 100 Meters 70%-79% Effort Rest 1:30 - 3:00 (1400m Workout Max)
- Anerobic Capacity: 80 Meters 80%-90% Performance Rest 3:00 - 5:00 (800m Max Workout Distance) Spikes
- Alactic Short Speed Endurance: 50-80 Meters 90%-95% Effort Rest: 7:00 - 10:00(300m Workout Max) Spikes
- Glycolytic Short Speed Endurance: 10m - 80m 95%-100% Predicted Performance Rest 3:00-4:00 (300m Workout Max) Spikes

Sprint Warmup-Drills

(Seagrave Drills)

- 2 x 30m - 40m
- CORE DRILLS: (Daily) Front Lunge, Prisoner Squats, A Skips, B Skips, Cariacio, Ankling, High Knee
- ALTERNATE DRILLS (5 a day): Highland Fling, Speed Skaters, Side Lunge, Angel Slides, Butt Flicks, Straight Leg Running, Fast Leg, Fast Feet, Bounding, High Stepping, Two Foot -Hopping

Mini Hurdles-Ladder

- Mini Hurdles (2 Days a Week) 1 Step, 2 Step, 3 Step, Two Leg Hop
- Speed Ladder (1 Day a Week) 2 Feet In, 1 Foot In, 1 Foot In - 1 Foot Out, 1 Foot Hop, 2 Foot Hop



Early Season Workouts

- Monday Warm Up - Drills
1x300 @ :50-:55 (7 Minutes Rest)
1x200 @ :30 -:33 (5 Minutes Rest)
1x200 @ :29 - :31 (5 Minutes Rest)
- Tuesday Warm Up - Drills
2x Lap Striders (100m Straight)
Hurdle, Long Jump, Pole Vault
4-6x Block Starts (50m-50m-40m-40m)

- Wednesday Warm-Up -Drills
2x200 @ :30-:32 (Walk 200m between)
4x100 (accelerate into last 30m @ 100%)
walk 100m between.
2x2x30m Sled Pulls (Karate Belts - Towels)
- Thursday Warm-Up - Drills
2 Lap Striders (100m Straight)
Jump, Hurdle, Pole Vault
3x Starts (45m, 35, 35m) Stick Work
- Friday Warm-Up - Drills 2x100m
(Accelerate into last 30m @ 100%)
4x Block Starts (30m - 25m - 20m),

Late Indoor

- Monday:
3x200m (Cut Down) @ :29, :28, :29
Mini Hurdles (1 Step, 2 Step, 3 Step)
- Tuesday
1 Lap Striders @ 85%
Jumps, Hurdles, Pole Vault
4 x Block Starts 55m, 55m, 45m, 25m
- Wednesday
2x200 (@ sub :30) Walk 200m
4x100m (Last 30m @ 100%)
2x2x30m Sled Pulls (Karate Belts, Towels)

Early Outdoor

- Monday 1x300 @ sub :50
1x200 @ sub :30
1x200 sub: 27 (7 minutes rest all)
- Tuesday 1 Lap Striders (80%)
Jumps, Hurdles, Pole Vault
2x Block Starts @ 30m
2x Block Starts @ 75m
- Wednesday
4x150m @ 20.75, 20.5, 19.5, 19.0
2x3x30m Sled Pulls (Karate Belts, Towel)

- Thursday 2 Lap Striders @ 80%
Jumps, Hurdles, Pole Vault
3x Block Starts @ 30m
4x100m Relay Work
- Friday Warm Up Sprint Drills
2x Block Starts
4x100m Relay Work
Event Work



Late Season

- Monday
4x150m @ 18.75, 18.5, 18.0, 17.5 (Spikes)
4x100m Work
Jumps, Hurdles, Pole Vault
- Tuesday 2x100m Acceleration @ 90%
4xBlock Starts 40m , 20m, 20m
- Wednesday 2 Lap Striders 2x150m (50m
80% - 50m 95% - 50m 80%)
3-4x 50m Overspeed Cable (Events)
4x100m Work

- Thursday 2 Lap Striders
Jumps, Hurdles, Pole Vault
4x Block Starts @ 20m
- Friday Warm Up Drills
2 x Overspeed Cables
4x100m Relay Work



- Fast - Work in Spikes... Let athletes work where they need work (JV Meets)

“Championship” Phase

- Monday 2x100m acceleration to 90%
4x50m Standing Starts 2x Starting Blocks
4x100m Relay Work
- Tuesday and Thursday 1 Lap Striders
2x60m Flyers w/ spikes (4 minute recovery)
2x50m Overspeed Belt
- Wednesday 2x150m (50m 80% 50m 95%
50m 80%) 5 Minutes Recovery
4x100m Relay Work

4x100m Relay

- High School Run that ‘group’ in as many meets as possible. Determine the 1 runner and 4 runner ASAP....
- Blind 4 Point Pass Stay Down (Moye)
Start at the end of the Acceleration Zone
Adjust as needed.
- Philosophy Best Runner #1 Tallest
Runner #2 “Weakest” or Least Experienced
Runner #3 Runner 1b at #4.



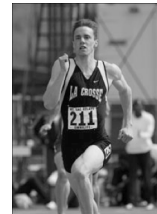
Block Starts

- Moye (3 Point Start) All Freshmen - Sophomores transition into the 3 Point Block start.
- Block Start (4 Point) Most work can be done in the off-season. Reaction time, explosion, technique work. Practice with a ‘live’ gun as much as possible !



Final Thoughts...

- If God made them fast, do not slow them down....
- A injured sprinter does you absolutely NO GOOD !!



by Tony Duffy
The Sporting Image

Want More ?

- Championship Sprint and Hurdle CD
Warm-Up/Cool Downs, Agility, Weight Lifting, Year-Round Workouts, Pool Workouts..... \$10.00
- Eric Lehmann elehmann@hurdlecamp.com
262 565 8319 www.sprintcamps.com