

Designing Workouts

Speed Development

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Identifying the objectives

- Olympic Games
- Olympic Trials
- NCAA
- Scholastic Meets
- State Championships
- District Meets
- Conference Meets
- Personal Best

Recognizing the factors involved

- Anthropometric Potential (body build)
- Strength Potential
- Endurance Potential
- Mental Potential
- Mechanics Potential
- Conditioning Potential
- Development Potential

Training Phases (working with the time you have)

- Conditioning Phase
- Competition Phase
- Championship Phase
- Or
- Phase 1,2,3,4,5,6
- Or
- Phase 1,2,3,4

