

SPRINTING WITH WALTER DIX

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Coaching & Training Concepts

- Training Activities are Cumulative
- Learning Takes Place From Basic to more complex activities
- Train the Total Body
- More is not always better
- Make sure you know *why* you are doing a particular workout
- Running workouts should progress from strength/endurance to speed

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SPRINT TRAINING

- ***Becoming a great Athlete doesn't just happen, It has to be a 'lifestyle'***
- Types of Progressive Training
 - Development of Strength
 - Cardio Vascular Conditioning
 - Speed Endurance
 - Maintenance
 - Skills- Do Year Round if Possible
 - Starting = Reaction to First Step
 - Acceleration/Drive Phase = 1m-40/60m

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HOW WE TRAIN Fall & Early Season

- Seasonally Progressive
- General Conditioning
 - 300 = 3-4 @ 38
 - Ladders = 300,250,200,150,100
 - 150-150-150 w/50m jog forward
 - Hill Running
- Plyometrics
 - Hurdle Hops – Single & Double Leg
 - Sand Drills in LJ Pit

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LEARN PROPER SPRINTING SKILLS

- Skill is a learned activity
 - Starting
 - Drive Phase
 - Top Speed Running
- Proper Skills are learned from proper skill activities
- Learning skills requires repetition
- Know the difference between doing "skill" and "race" starts in practice
- Do something every day to make yourself better!

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HOW WE STRENGTH TRAIN

- ***"Force is needed to change Velocity"***
- WEIGHT ROOM
 - Olympic Lifts
 - Cleans
 - Squats
 - Dumb bell Work
 - Core Strength
 - Ab work
 - Med Ball
 - Pushups on Fingers

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WARMING UP & WARMING DOWN

- WARMUP – TRADITIONAL
 - Jog 400-800 – No More
 - A & B Skips
 - Hurdle walkovers & can-cans
 - Sprint Strides 2-4 laps increasing pace each lap
 - Stress Good Sprint Form
- WARM DOWN
 - Light jogging
 - 6-8 x 60m strides
 - Fluid Intake
 - Stretching or massage

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HOW WE PREPARE FOR SPRINT STARTS

- SPRINT DRILLS – Straight & Curve
- Develop a Routine...Do Drills Aggressively
- "A" Skips into 20m run out
- Speed Bounds into 20m run out
- Stand Tall & Fall for 30-40m
- Three point Starts 30-40m
- Sled Pulls out of Blocks
- Block Starts- "Push the Car"
 - No Gun=Skill Refinement
 - With Sound=Race Effort

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TRANSITION & STRENGTH ENDURANCE - IN SEASON

- 6 X 30m-40m-30m Use Standing, 3 point or Block Start
 - Accelerate for 30m – Visual Aid
 - Stress CHANGE in velocity 40m
 - Glide out for 30m
 - Must be done in good form
 - Walk back for recovery
- 120m, 150m, 250m Quick last 50m
- Full Speed 120's

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KEY CONCEPTS

- TRAIN PROGRESSIVELY
- DEVELOP MENTAL CONCEPTS
- USE SIMILAR WORKOUTS THROUGHOUT THE YEAR.... INCREASING TEMPO
- STRETCHING & MASSAGE
- STRENGTH TRAINING: IF IT IS HELPFUL EARLY... KEEP DOING IT!
- DEVELOP GOOD DIETARY HABITS
- BE IN SHAPE TO RUN 4 X 400 RELAY

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