

2008-2009 Knox College Summer Sprint Program Guide

Before we begin with the program, I want to stress a few points to everyone:

1. Hydration is KEY!! You must re-hydrate after workouts and water is preferred. Gatorade is not bad, but try to water it down a little to reduce the glucose (sugar).
2. Wear comfortable running clothes that allow you to breathe and not restrict your movement.
3. Make sure you have a great pair of training shoes that will give you the proper support.
4. Try to run on a track as much as possible, talk to your high school coaches, I'm sure they will let you run on the track if you ask them.
5. If you feel dizzy or lightheaded, stop immediately, drink fluids and go to a cool place.
6. Avoid the heat of the day, run in the early morning or evening.
7. Eat a proper diet, limit your snack foods and caffeine intake, try to eat lots of vegetables and fruits, lean meats (chicken, fish), and whole grains.
8. Make sure you properly warm-up and cool-down during each workout, you will be sore at first and you need to stretch to prevent injury!!
9. The workouts can be adapted, the times listed are suggestions. If it is too fast or too slow, you can adjust the times to your abilities. Also, if you need a shorter or longer recovery, you can give yourself one.
10. It is important that we focus hard on our summer training; we will be off the ground and running when we start and we cannot afford to be catching people up to speed.
11. Work Hard!!! Play Hard!!! And enjoy your summer!!!! I'll see you soon!

Coach Zierfuss, a.k.a "Coach Z"

Explanations of work-outs.

The following explanations are designed to help you understand the purpose of the work-outs, and if you need more clarification, please contact me.

Short Sprinters Program

The goal of this program is to develop speed endurance, and power. Both are crucial factors in the short sprinting events and we need to train hard!

Sprint Drills

These drills are designed to help you warm-up and focus on the mechanics of running.

HK-High Knees, emphasis on quickness and bringing the knees above your waist. Pump your arms!!!

BK-Butt Kicks, emphasis on quickness and making contact with your buttocks by your heels. Pump your arms!!

AS-Skips, emphasis on skipping, bringing the opposite knee up high, and foot should be slightly pointed up.

BS-Skips, emphasis on skipping, bring knee up high, and then extend foot forward like you are taking a long step.

CS-Skips, emphasis on skipping, bring knee up, and then out to the side.

CL-Claws, grab a wall or fence facing parallel to the fence or wall, and with one leg make a running motion by bringing your foot up and sweeping down. Lightly brush the ground with your foot, do not scrape hard!!

Falling Accelerations.

Stand with your feet together on the start/finish line and slowly lean forward till you feel that you will fall. At that point explode into a short sprint by stepping forward with your lead leg and accelerate forward.

Interval training

The purpose is to go between sprinting and jogging, which is why on these you jog the curves (JC), and sprint the straight-aways (SS).

Max %

Part of sprinting is learning to control your body and this is why we learn to train at percentages of our top maximum speed. When you see max or %, you run at whatever percentage it asks you to of your maximum speed.

Block Starts

I release not everyone will have access to blocks, however it is important to practice your starts. You can substitute with a training partner propping your feet with theirs, otherwise practice a static start by focusing on coming out low and driving your first few steps.

Stick Drill Running

You'll need 20 markers (preferably sticks or something fairly flat) for this drill. Place the sticks five feet apart. From a running start, sprint over the sticks and avoid making contact with them. You should not have to reach to step over, if you are doing so, shorten the sticks.

Rollover Starts

Exactly as they sound. Start on your back with your head pointed in the direction you will run. Rollover onto your stomach and then explode up into a running position and accelerate for about 30m.

Ins and Outs

This drill is about developing speed and relaxation. You run your first distance fast, then the second easy, and the last fast again.

Hills

Yes the dreaded hills. Do the best you can with this one, I understand everyone lives in different terrains. If there is not a decent hill where you

live, try to find a good set of steps (ie. park stairs, stadium bleachers). Even if they are shorter than the distance that is ok, just make sure there is a good incline.

Long Sprint Program

Event Runs

First 50m is all out. Next 150m is relaxed, floating action. Run all out on the last 100m. Record your times for each phase. This is to teach you the strategy involved in a 400m race and how the pacing works.

Pyramids

600m-400m-200m-400m-600m. Run every 200m at a slower than competition speed pace. Rest 6 min between each distance.