

Shortcut To Sprint Success

As a sprint coach the biggest daily problem is 20- 30 kids standing in front of me, of varying abilities and level of commitment, asking “what are we doing today Coach?”

Short to long

Long to short

Macrocycle or metacycle

Aerobic or anerobic?

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Shortcut has the negative connotation of cheating or not paying your dues

Pay your dues on the front end by doing the planning work rather than suffering through practices and recommendations that haven't been proven

There are many different skills that comprise sprinting

Could the order in which you learn those skills make the difference between eight weeks and eight months?

Absolutely!

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Everyday is an acceleration day...They just vary in intensity

Flexibility...Have substitute workouts in mind

Technique...How to run needs to come before how much

Efficiency...Time everything, if you can measure it you can improve on it

Equal parts work and recovery...Being fresh is always better