

Bryan E. Hoddle

2004 Head Coach-USA Paralympic Track and Field Team-Athens
Ideas, Gimics, the little things, (physical-mental) that create track and field
SUCCESS

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0. Steal great ideas from other coaches.
1. Teach kids the importance of reading shin angles
2. Explain energy systems to the kids.
3. Discuss the nervous systems with the kids. Sympathetic Nervous System and Para-Sympathetic Nervous System. (Breathing)
4. Distinguish between an OUTCOME GOAL and a PERFORMANCE GOAL.
5. Distinguish between compatible and non-compatible workouts.
6. Simple ways to work all areas of the abs.
7. 2 things that impact speed and how to enhance both.
8. Why not to static stretch and do an active warm up and warm down. Diagram.
9. Hurdles made of soft material. Why?
10. Why all sprinters need to be trained for maximum velocity. The myth of "I'll make everyone a quarter miler." Different energy system than the 100 and 200!
11. Explain supercompensation/supercompensation to your athletes.
12. Teach kids what to eat at meets and what not to eat. Drink!
13. Explain WHY you are doing something. Kids today don't want to just know what, they want to know why!!
14. Identify everyone's role. Parents, Coach, athlete. Put it in writing.
15. Discuss time management. You have 168 hours a week and 86,400 seconds a day. Make the most of it.
16. Don't spend 100% of the time on the mental aspect. If track and field is ____% of mental, spend that much time on it.
17. Define REST to your athletes.
18. Don't overanalyze your athletes. Sometimes it's best to say nothing!!!
19. Practice things that could go wrong. False starts, etc...
20. Relay practices ARE NOT a rest day!!!!
21. Being dehydrated by just 2% will decrease your athletic performance by 5% to 10%.
22. 98% of the US population is iodine deficient.
23. The importance of the human foot.
24. Sleep issues and how to maximize sleep.
25. Pain or injuries may be a result from another area of the body.
26. There is power in numbers when it comes to accountability.
27. Shake it out to open up air spaces.
28. What is the athlete's relationship with their parents? This is bigger than you would imagine.
29. Is the athlete over-racing.
30. It starts and ends with motivation.

TRAINING ENERGY SYSTEM

DURATION OF SESSION EFFORT	ENERGY SYSTEM(S)	POWER/CAPACITY	TRAINING EFFECT
0 TO 0.2 SEC.	NERVOUS	-----	REACTION
0 TO 0.2 SEC. (PER LEG)	ALACTIC (STORED MUS. ATP)	POWER	INITIAL THRUST
0 TO 0.1 SEC.	ALACTIC (CP SYSTEM)	POWER	SINGLE LEG THRUST AT TOP SPEED
1 TO 2.0 SEC.	ALACTIC (NERVOUS + STORED ATP + CP)	POWER	STARTS
2 TO 5.0 SEC.	ALACTIC (CP SYSTEM)	POWER	ACCELERATION
5 TO 15.0 SEC.	ALACTIC (CP SYSTEM)	POWER	MAXIMUM SPEED (FLYING START)
15 TO 30.0 SEC.	ALACTIC (EXTENDED CP SYSTEM)	CAPACITY	SPEED (ABILITY TO HOLD >95%)
30 TO 45.0 SEC.	LACTIC	POWER	ABILITY TO PRODUCE ENERGY without O ₂ OR CP
45 TO 90.0 SEC.	LACTIC	CAPACITY	AS ABOVE, PLUS ABILITY TO TOLERATE LACTIC ACID
90 TO 300.0 SEC.	LACTIC WITH AEROBIC SUPPORT	AEROBIC POWER LACTIC CAPACITY	ABILITY TO USE O ₂ TO HOLD UP PACE AS LACTIC ACID ACCUMULATES
5 TO 10.0 MIN.	AEROBIC WITH MINOR LACTIC	AEROBIC POWER	MAX O ₂ RATE
10 TO 12.0 MIN.	AEROBIC	POWER CAPACITY	RAISE ANAEROBIC

THRESHOLD

20 TO 60.0 MIN.

FUEL: GLYCOGEN

CAPACITY

ABILITY TO MAINTAIN
STEADY PACE

ABOVE 1 HOUR

AEROBIC

CAPACITY

ABILITY TO MAINTAIN
STEADY PACE-

MARATHON

SPRINT PROJECTIONS

30 BLOCK	30 FLY	60 BLOCK	150 STAND	100 METERS	200 METERS
3.58-3.61	2.48-2.51	6.22-6.27	14.87-14.97	10.09-10.16	20.17-20.32
3.62-3.65	2.52-2.55	6.28-6.33	14.98-15.08	10.17-10.24	20.33-20.48
3.66-3.69	2.56-2.59	6.34-6.39	15.09-15.19	10.25-10.32	20.49-20.64
3.70-3.73	2.60-2.63	6.40-6.45	15.20-15.30	10.33-10.40	20.65-20.80
3.74-3.77	2.64-2.67	6.45-6.51	15.31-15.42	10.41-10.48	20.81-20.96
3.78-3.81	2.68-2.71	6.52-6.57	15.43-15.54	10.49-10.56	20.97-21.12
3.82-3.85	2.72-2.75	6.58-6.63	15.55-15.66	10.57-10.64	21.13-21.28
3.86-3.89	2.76-2.79	6.64-6.69	15.67-15.79	10.65-10.72	21.29-21.44
3.90-3.93	2.80-2.83	6.70-6.75	15.80-15.92	10.73-10.80	21.45-21.61
3.94-3.98	2.84-3.88	6.76-6.81	15.93-16.06	10.81-10.90	21.62-21.88
3.99-4.03	2.89-2.93	6.82-6.87	16.07-16.20	10.91-11.00	21.89-22.09
4.04-4.08	2.94-2.98	6.88-6.93	16.21-16.35	11.01-11.09	22.10-22.30
4.09-4.13	2.99-3.03	6.94-6.99	16.36-16.51	11.10-11.19	22.31-22.50
4.14-4.18	3.04-3.08	7.00-7.05	16.52-16.68	11.20-11.29	22.51-22.72
4.19-4.24	3.09-3.14	7.06-7.12	16.69-16.86	11.30-11.40	22.73-22.95
4.25-4.30	3.15-3.20	7.13-7.19	16.87-17.03	11.41-11.51	22.96-23.19
4.31-4.36	3.21-3.26	7.20-7.26	17.04-17.25	11.52-11.62	23.20-23.43
4.37-4.42	3.27-3.32	7.27-7.33	17.26-17.46	11.63-11.73	23.44-23.69
4.43-4.48	3.33-3.38	7.34-7.40	17.47-17.67	11.74-11.85	23.70-23.95
4.49-4.54	3.39-3.44	7.41-7.50	17.68-17.88	11.86-12.01	23.96-24.27
4.55-4.60	3.45-3.50	7.51-7.60	17.89-18.09	12.02-12.17	24.28-24.64
4.61-4.70	3.51-3.60	7.61-7.70	18.10-18.30	12.18-12.33	24.65-24.98
4.71-4.80	3.61-3.70	7.71-7.80	18.31-18.55	12.34-12.49	24.99-25.30
4.81-4.90	3.71-3.80	7.81-7.90	18.56-18.81	12.50-12.65	25.31-25.65
4.91-5.00	3.81-3.90	7.91-8.00	18.82-19.12	12.66-12.85	25.66-25.99
5.00-5.01	3.90-4.00	8.00-8.10	19.20-19.60	12.90-13.10	26.00-26.50
5.10-5.20	4.00-4.10	8.10-8.20	19.60-20.00	13.10-13.30	26.50-27.00
5.20-5.30	4.10-4.20	8.20-8.30	20.00-20.40	13.30-13.60	27.00-27.50
5.30-5.50	4.20-4.40	8.30-8.40	20.40-20.80	13.60-13.90	27.50-28.80