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**My 25 Favorite Sprint Workouts and Where to Place Them in
Your Training Plan**

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These workouts are based on Thursday meets. Adjustments can be made accordingly. Max Velocity Work under 60 meters = Done 72 hours out from meet.

- 1. REST-Perhaps the most overlooked workout! Define it to the athlete. It doesn't mean going out playing basketball, touch football, skiing, ect. Rest is rest. (Day before meet or your gut feeling. Sometimes an athlete needs to do something the day before competition to keep their system fired up)**
- 2. Testing Day-30 fly, Standing Long Jump, Standing Triple Jumps, 3 bounds (left, left, right or right, right, left), 5 bounds, OHB Throw-4kg, 150 stand, 300 stand. (Day 2, 3 and 4 of practice-Right after/end of Spring Break) If you don't test some, how do you know what they need? Don't do all the tests on the same day**
- 3. Running Drills and warm up/warm down day. You have to teach exactly what you want in practice. 8 to 10 drills, down and back over 20 -30 meters. (Each day. This may be the only thing in your first two days of practice)**
- 4. Goal Setting workout. Mental Training. Often overlooked. (Everyday-Time in a classroom is important) Brain work**
- 5. Swim Day-Bike Day-Cross Training Day. (Day before or after a meet-Spring Break. Very light in nature.)**
- 6. 6 - 9 times 30 meter flies. (20 meter fly in) Timed - 4 minute recovery necessary for system to recover. Take 72 hours before repeating. (Monday)**
- 7. 6-9 times 30 meter stands. Timed - 4 minute recovery necessary for system to recover. Take 72 hours before repeating. (Monday)**
- 8. 1 x 48 seconds on the fly (mark how far they made it) at 95-100%, 90 seconds recovery, then fly 200 meter and time it. (Tuesday or Wednesday)**
- 9. 2 x 300 meters at 95%-100% with a 30 minute recovery. (Tuesday or Wednesday)**
- 10. 2 sets of 4 x 150 meters at 60%-80%. Great recovery workout. Jog or walk into them. (Friday after a meet. Day when you simply need some recovery)**

11. 1 set of 1 x 300, 1 x 250, 1 x 150-90%-100% with a 20 minute recovery between runs. (Tuesday or Wednesday)
12. 6 x 60 meter fly-4 minute recovery – Goal time should be what 2 x 30 meter fly + .01. (Monday)
13. 6 x 90 meter fly – 4 to 6 minute recovery – Goal time should be what 3 x 30 meter fly + .02. (Monday or Tuesday)
14. 9 x 90 meters at 90% with a 90 second recovery. (Tuesday)
15. 6 x 90's at 85-90% off the corner onto the straight away. Corner Transitions. Hug and move. (Tuesday)
16. 10 x 40 meters added up. (400 the Hard Way) 4 minute recovery. (Monday)
17. Relay exchanges. 3 attacks each zone. Without baton. (Monday or Tuesday. NOT the day before the meet) 72 hours out from a meet if possible.
18. Hills-(20%-30% incline) Sprint/Drive for 8 seconds. Mark destination and try and beat destination. 3 sets of 4 reps. Increase time to 10-12 seconds. Walk back recovery. (First 3 weeks of practice. Monday or Tuesday. Before season starts)
19. Resistance or Assistance workout-No more than 10% decrease or Increase from max. velocity. Sprinting with the wind, ultra speed pacer, downhill (2%-3% grade). Distance 30-100 meters. 4 to 6 minute recovery. (Monday or Tuesday)
20. Contrast training-30 meters-4 minute recovery. The pull, you tow, they sprint. ULTRA SPEED PACER. (Monday or Tuesday)
21. 6 x 60 out of blocks with the gun. DO NOT DO THIS THE DAY BEFORE A MEET. This is not a rest day. Go out to 60 meters to develop an acceleration pattern. Deadens legs. 4 to 6 minute recovery. Vary command speeds and situations. (72 hours before meet)
22. Maximum Velocity work with Multi Throw Training. (72 hours before meet)
23. High Jump pits-25 jumps + 6 x 150 at 80%-90% with a walk back recovery. (Tuesday)
24. 1 set of 1 x 500, 1 x 300, 1 x 250. Full recovery-20 to 30 minutes. 90%-100%. (Monday or Tuesday)

25. Pre-meet preparation and warm up. Go over exactly what you want your athletes to do the day of the meet. Go over re-warm up procedures. Go over warm down procedures. (Day before the first 3 or 4 meets) Scale down to teach.

General Thoughts

***If you sprint a lot in workouts, you get sore. Why do that at the end of the season when you are expecting top performances? Do speed endurance work later in the season.**

***If you want your athletes to run fast, RUN FAST! The key is the rest cycle.**

***Train the correct energy system. You won't sprint very fast running 10k workouts.**

***Your athletes won't get hurt if they run fast. They'll only get hurt if you hammer them without proper rest. Warm them up... Don't stretch them up.**

***Some of your best sprinters might be hurdlers, not your second tier sprinters.**

***Don't give workouts to fill time. When they are done with your workout and warm down, send them on their way.**

***More is not better.**

***Road running isn't going to help your sprinters. It'll actually harm their ability to sprint fast.**

***Be sure your workout combinations are correct.**

***Realize your athletes are likely not eating and sleeping in a healthy manner.**

***Are you training your sprinter like a distance runner?**