



New Mexico TF Men's Long Sprints

Mesocycle 3 – Week 1 (Oct 18-24, 2021)

- 1. Monday, October 18:** *Neural Note the horizontal trajectory multijumps prior to the acceleration work. I think it's a good way to start the week and potentiate the sprints, especially coming from Sunday's being off. I use weight vests with some athletes. I haven't found loaded and unloaded standing long jumps to be worthwhile so we either do all standing long jumps with a weight vest or all without. Loads on the weight vest will be individually prescribed and match the theme of the weight room by being either higher force based or more power based (ie lighter weights and faster movement. Skips for distance are a nice touch and can be done before or after the session. Standing long jumps or some variation of it (SL, WV, St TJ, Continuous) stay in the program all year. Hard to find huge horizontal propulsive force activities. The entire weight room is vertical when you think about it! I think it's important to get lots of repetitions of blocks so we typically get those in every Monday and Friday and do a lot of reps only to 10m just so we can accumulate repetitions. I have done block work on extensive and/or general days but simply working on the set position though too, ie block holds (isometric holds in set position). Weights of the sleds are individually prescribed. Typically work from power to heavier force, then back to power throughout the fall. Extensification of the length of the sleds or unresisted sprints are critical. We usually stay in acceleration through the entire fall and utilize Friday for absolute speed and/or speed endurance, however, I have progressed Monday accels into absolute speed at times. I think a 50-50 split between the resisted and unresisted is appropriate and healthy. For younger athletes I have done 2 resisted followed by 1 unresisted at times though, or all resisted. Younger athletes tend to need to feel big pushes, in other words 'fill out' the push. Virtually all our unresisted accels are done with tape lines to enhance rhythm, rise, and especially hip projection. I think copious amounts of acceleration done throughout a season is arguably the absolute foundational element to all speed/power event athletes. We then finish with some ankle stiffness based coordination work developing ankle stiffness and/or stability. We'll often use the waterbags for this. Acceleration switches are included in the video presentation here. In the weight room we work cleans from the ground to compliment acceleration work, then move into a complex of static lift + multijump. We always pair a*

static lift with a multijump for every set. In this particular instance we did TBDL followed by a seated box jump which complimented the blocks and acceleration work very well. We'll throw a few ancillary lifts and mobility work then finish with a med ball throw as a culminating activity, ie a total body coordinative power based activity. One more quick note here is on the importance of med ball/shot put throws. I think this is a deeply undervalued element of track and field training for all events. It's virtually zero injury risk, huge power output levels, and a total body foot to hand coordinative activity. To me it's a gold mine and I make it a goal to accumulate roughly 100 throws per week for all athletes in the program in a multitude of different directions. Sometimes I'll break my rules slightly and do multithrows on Tuesdays after extensive tempo as a power output under fatigue type of throw.

- a. Warm Up 1
- b. Multijumps
 - a. Standing Long Jumps (WV)
 - b. Skips for Distance (WV)
- c. Technical Execution
 - a. Blocks to 10m (solo)
- d. Acceleration Development (5-8 sets)
 - a. 1 x 20m Sled
 - b. 1 x 30m Tape Accel (may add run out)
- e. Coordination
 - a. 3 x 10 Accel Switches (WB or HW)
- f. Multithrows
 - a. 10-20 x NCM Underhand Forward
- g. Weightlifting (Neural)
 - a. Power Clean
 - b. TBDL + Seated Box Jumps
 - c. Ancillary Lifts
 - d. Multithrows

2. **Tuesday, October 19:** *Extensive Here we were nearing the end of grass tempo duration runs, this was one of the final times we did it in the fall. We had progressed from 6-8 x 20s methodically up to reps of 40s. We kept it as extensive aerobic power type training since it is polarized from the previous day of high octane sprinting/jumping/throwing/lifting and built up aerobic power qualities to open the door for greater work capacities down the road later in the fall. Eventually this day would turn into intensive tempo on the track after having built up aerobic power, and trained in the grass training the stabilizing muscles in the lower leg/ankle/foot for several months. I like adding backwards runs consistently and often throughout the program to counterbalance all the forward running, and just because of a general belief that cornerbacks rarely have hamstring problems. I've paired longer duration isometrics on tempo days as a way to pair progression through 'time under tension'. It seems like a clean pairing that I've found very effective. We'll go through a series of isometrics after the completion of tempo training on the day but always finishing a multiplanar movement cool down.*

- a. Warm Up 1

- b. *Extensive Tempo (Grass) (much lower intensity pace, looking to hit a consistent pace throughout and not push it, think more aerobic work than lactic)*
 - a. 6-8 x 40s (2 mins rest)
- c. *Mobility*
 - a. 6 x 30m Backward Runs
- d. *Special Strength*
 - a. 60s/60 x Bench Core Holds (Front, Back)
 - b. 30s/30s x Hamstring ISO
 - c. 30s/30s x Copenhagens ISO
 - d. 60s/60s x SL Glute Bridge ISO
- e. *Cool Down*

3. Wednesday, October 20: *General We have a separate warm up for our general days that is very heavy on a multitude of mobility work. The warm up takes over an hour to complete and is heavy on a variety of mobility routines. Also, I alter the warm ups every single mesocycle just to add variety to the program, address micro-level needs within the program, shift through different types of drills, mobility routines, and fill in some minor general strength gaps. It creates extra work for me to have to re-teach the warm up every 3-weeks but it's not a complete overhaul. We also include a lot of shoulder mobility. Later in my career I picked up coaching javelin and found a lot of correlation between the hips and shoulders in terms of injuries and lack of mobility. Hence all our speed/power athletes do javelin shoulder mobility routines every single week. Each mesocycle we'll cycle through different types of 'general' training circuits. Here you see a coordination based strength training routine, there are any number of progressions with these activities so those will be prescribed based on the athletes familiarity and execution of the activities. With coordination based strength training (Bosch) you want the activity to be just challenging enough where they fail a few reps but can still execute reasonably well. Once the activity gets to simple you must find a new progression to keep challenging it (add water to water bag, add shake of the water bag, move to hanging weights, heavier hanging weights, add elements to the movement, time pressure, etc). then we moved into a partner med ball routine. Partner med ball routines are a nice way to play general days, the athletes are far more engaged since they have a partner for each activity. Can be a little better than the monotonous general strength circuits, but both are great. We shift the bodybuilding routines in the weight room every mesocycle so they only do the same routine for 3-weeks then it shifts. I also have 'plate circuits' which is sort of a cross between general strength and bodybuilding. It's general strength done with a 25lb plate or 10lb plate for example. I used this a lot at Loyola where we severely lacked facilities and weight room time and it became a nice element to add to general days. A plate circuit is not listed in this session but it is something we use often. You may notice that there is no hurdle mobility listed. We do hurdle mobility every day in our warm ups.*

- a. *Warm Up 2*
- b. *Coordination*
 - a. 2 x 20 Hip Lock Wall Slide
 - b. 2 x 20 Standing Hip Lock with Waterbag
 - c. 3 x 6/6 Hurdle Spindle (add Plate or WB)

- d. 3 x 6/6 Canoe Snatch (Variations, Plate, WB)
- e. 3 x 6 Hip Hinge (Plate)
- c. *Med Ball*
 - a. 20 x Standing Rotational Toss and Catch
 - b. 20 x Standing Side Toss and Catch
 - c. 10/10 x Over the Shoulder Toss and Catch
 - d. 15/15 x Single Leg Speed Toss and Catch
 - e. 15 x Glute Bridge Chest Pass
 - f. 15 x Hut-Hut-Hike
- d. *Special Strength*
 - a. 60/60 x Bench Core Holds (Side)
- e. *Weightlifting*
 - a. Bodybuilding Circuits
 - b. Mobility Work
 - c. Endocrine Fitness

4. Thursday, October 21: *General (or Pool Workout)* *You'll notice that Thursday is a second general day in a row so general days are stacked consecutively. I've found this to be an enormously effective way to maximize training throughout the week and keep athletes healthy. Here you will see a plate circuit listed, however, normally we would do a pool workout on this day. We have a series of various pool workouts that we can go to and a series of bike workouts as Plan B options for athletes as well. Deep breathing, relaxation, mindfulness, and RPR (either self-administered or done by me) is regularly in the program. You'll note a more thorough mobility routine below. All of these activities can be discovered through a simple youtube search I'd imagine. In my opinion when it comes to general training it's not about progression, except with coordination-based strength training, and it's all about exposing the athletes to a wide variety of movements and consistently shifting things around.*

- a. *Warm Up 2*
- b. *Deep Breathing and RPR*
- c. *Plate Circuit*
 - a. 15 x Squat with Overhead Press
 - b. 20 x Dead Bugs
 - c. 20/20 x Halos
 - d. 20/20 x Side Plank Dips
 - e. 20 x Triceps
 - f. 20/20 x Single Leg Glute Bridge
 - g. 15/15 x Horseshoes
 - h. 10/10 x Side Lunge with Forward Press
 - i. 20 x Double Leg Glute Bridge
 - j. 10/10 x Shrimps
- d. *Mobility (30-30)*
 - a. Seated Hamstring Floss
 - b. Quadruped to Downward Dog
 - c. Lumbar Cat Cow
 - d. Pike Stretch

- e. Pancake Lean Outs
 - f. Supine Sciatic Nerve Glide
 - g. Frog Stretch with External Rotation
 - h. Bear Crawl Arm and Leg Lifts
 - i. Behind Back Stretch
 - j. Pigeon Stretch
 - k. Skydiver
 - l. Bird Dog
- e. *Cool Down*

5. Friday, October 22: *Neural* Coming off the two stacked general days in a row the group is now full freshed and primed to sprint again on Friday. All the sprinting and explosive work on Monday followed by the tempo session on Tuesday, with the two general days in a row allow for Monday and Tuesdays training to be fully absorbed in the body and the athlete to be fresh for Friday-Saturday. Here we'll start with wickets, we progress from having the wickets flipped down to flipped up, extend the run in, go from flats to spikes, extend the run out from the wicket, add wickets to the column, etc. Once again, get plenty of block reps in to 10m. Then we had been working absolute speed for a few weeks now, having progress through fly 10m, 20m, and eventually fly 30m's. Now we were working 'complete sprints where the athlete connects acceleration to max velocity through sprints in the 70m-90m range. Fly sprints are en vogue these days, but to me I think complete sprints 70m-90m are far more effective and a logical progression out of fly's to connect it all together in a cohesive manner. I also think that sprints in the 70m-90m length are hugely neglected in coaching sprints. At this point we were also just starting to move into race modeling work as well so we were hitting some absolute speed work followed by the race modeling rep. In the next mesocycle we moved into speed endurance work on Fridays having worked absolute speed for a good 5-6 weeks at that point. Then Fridays became blocks from 400m start, 1 x race modeling rep, full recovery, followed by a full blast 250m to the finish. After the athlete is fully recovered from the sprints we will move into depth jumps. It was almost always 10 reps of depth jumps but was done every week, with the exception of week-3's, throughout the entire year. This year, now in year two, I've beefed up the volume of the depth jumps since the athletes have now been exposed to it for a full season. We then move into some coordination based work involving switching/timing and ankle stiffness/stability. Note that coordination based strength work I see as a versatile category. It can be utilized on general, extensive, and/or neural days. Just my personal usage of that category of training. If the activities involve more ankle stiffness I'll use it on neural days, whereas more hip lock or trunk based work will mostly fall on general days. The step through's and switches are now upright compared to the acceleration positions switches on Monday. We'll use waterbag or hanging weights on the shoulders, or could be held overhead as a progression. Moving the load further away from the body creates more instability. We then finish with vertical med ball throughs, NCM is non-countermovement, and was a progression from countermovement vertical throws. In the weight room the ROM is faster with cleans from the thigh. We have squats in here which doesn't necessarily pair perfectly on MV/SE days, but it also gives the athletes the weekend to recover. We pair every set of static lifts with a jump, in this case it was a more reactive jump, ie hurdle hops compared to the 'active' jump done with

TBDL on Mondays. Ancillary lifts and then a med ball throw culminating activity at the end to wrap up.

- a. *Warm Up 1*
- b. *Technical Execution*
 - a. *Wickets*
 - b. *Blocks to 10m*
- c. *Absolute Speed Development*
 - a. *1-3 x 70m*
- d. *Race Modeling Speed Endurance*
 - a. *1 x 180m*
- e. *Multijumps*
 - a. *Depth Jumps (timed) (24"->24")*
- f. *Coordination*
 - a. *2 x 10/10 Step Through's*
 - b. *2 x 10/10 MV Switches (Doubles) (In Place, WB or Plate)*
- g. *Multithrows*
 - a. *10-20 x NCM Vertical*
- h. *Weightlifting (Neural)*
 - a. *Hang Clean or Snatch*
 - b. *Squats + Hurdle Hops*
 - c. *Ancillary Lifts*
 - d. *Multithrows*

6. Saturday, October 23: *Extensive (Netherwood Park) Netherwood park is a grass hill about 180m-190m in length that we use the entire fall. We developed a record board for fastest reps and fastest total workouts. This is more intensive tempo and the athletes have a fun time racing up the hill each rep. It's very challenging and a nice way to play intensive tempo doing it uphill. Typically 8 mins between reps and nearly always 4 reps. We'll do a long cool down, team meeting, and some mobility work at the end.*

- a. *Warm Up 1*
- b. *Resisted Runs (Intensive Tempo – Hills)*
 - i. *4 x Netherwood Park*
- c. *Cool Down*



Notes: Note the balanced design of 2 neural days, 2 general days, and 2 extensive days throughout the week so that all biomotor abilities are being addressed, so that no one theme is being overcooked, and so that neuromuscular development is prioritized. Reactive strength and ankle stiffness/stability is addressed with coordination based activities along with multijumps done twice a week on track and in the weight room. Note that no one day is really the same either. The sprinting on Monday is different than Friday, the tempo on Tuesday is different from the tempo on Saturday, the general work on Wednesday is different than Thursday. So a lot of polarity of training there as well. The theme for each day is clean; keep a neural day a neural day, general day general, and extensive day stays extensive.