

# LINCOLN PATRIOT SPRINTS & RELAYS

**JIM JAROVSKI**



# INTRODUCTION

- **COACH JAROVSKI – 20TH YEAR AT LHS – 12<sup>TH</sup> AS HEAD TRACK COACH**
- **FOLLOW US AT [HTTP://JJ104.K12.SD.US](http://JJ104.K12.SD.US) OR ON TWITTER AT @PATRIOTTRACK**
- **GOALS**
  - **WORKOUTS AND RELAYS**
- **ACKNOWLEDGEMENTS**
- **SPRINT PROGRAM INFLUENCED BY**
  - **RICH GREENO**
  - **BOO SCHEXNAYDER**
  - **TONY HOLLER - PN TRACK**
  - **LUCKY HUBER**



# SPRINT COACHES

- **KEN DOYLE – HEAD SPRINT COACH**
  - **ASSISTANT – BRANDON MOHR**
- **SCOTT EMBRY – HEAD LONG SPRINT COACH**
  - **ASSISTANT – LARAE GIESKE**
- **ERIC RICE (LJ/TJ), KAAREN HUBER (HURDLES),  
MARSHALL BYRD (HJ)**





# **PATRIOT TRACK SPRINT PROGRAM**

- **200+ ATHLETES EACH YEAR (BOYS AND GIRLS)**
- **APPROXIMATELY 100 SPINTERS IN OUR GROUP**
- **WARM UP ALL JUMPERS, HURDLERS, SPINTERS, AND MID DISTANCE TOGETHER**
- **EMPHASIZE TECHNIQUE AND FORM RUNNING**
- **CONTINUALLY DEVELOPING**
- **15 SPRINT TITLES IN LAST 10 YEARS**
- **SET BOYS 4X100 AND 4X200 STATE RECORDS IN 2018**
- **23 INDIVIDUAL STATE CHAMPS IN PAST 12 YEARS 100-400**

# PHILOSOPHY

- **FEED THE CATS MENTALITY – FROM TONY HOLLAR**
  - **SPRINT AS FAST AS POSSIBLE, AS OFTEN AS POSSIBLE, WHILE STAYING AS FRESH AS POSSIBLE.**
  - **NEVER LET TODAY RUIN TOMORROW. ACCEPT SMALL GAINS. MAKE "HAPPY AND HEALTHY" YOUR PRIORITY.**
  - **"RECORD-RANK-PUBLISH" TO FEED THE COMPETITIVE NATURE OF YOUR ATHLETES.**
  - **SPRINT IN SPIKES AS OFTEN AS POSSIBLE.**
  - **IF YOU'RE TOO TIRED TO SPRINT YOUR FASTEST, YOU'RE NOT GETTING FASTER A LOT OF FULL RECOVERY.**
    - **DO SOME LOW-DOSE LACTATE WORKOUTS IN SEASON TO BECOME MORE EFFICIENT AT LONGER SPRINT DISTANCES. BUT ALWAYS REMEMBER, LACTATE TRAINING IS LIKE A POISON. *SMALL DOSES STIMULATE, MODERATE DOSES INHIBIT, LARGE DOSES KILL.***
  - **PROMOTE-PROMOTE-PROMOTE. SHARE YOUR ATHLETES' SUCCESSES WITH THE WORLD. MAKE TRACK LOOK FUN.**

# **BASIC PRINCIPLES OF SPRINTING**

**SPRINTING IS A SKILL - PRACTICE THAT SKILL**

**GREAT POSTURE – RUN TALL**

**KNEES UP AND TOES UP**

**PROPER ARM MECHANICS**

**LAND UNDERNEATH YOUR BODY (WICKETS)**

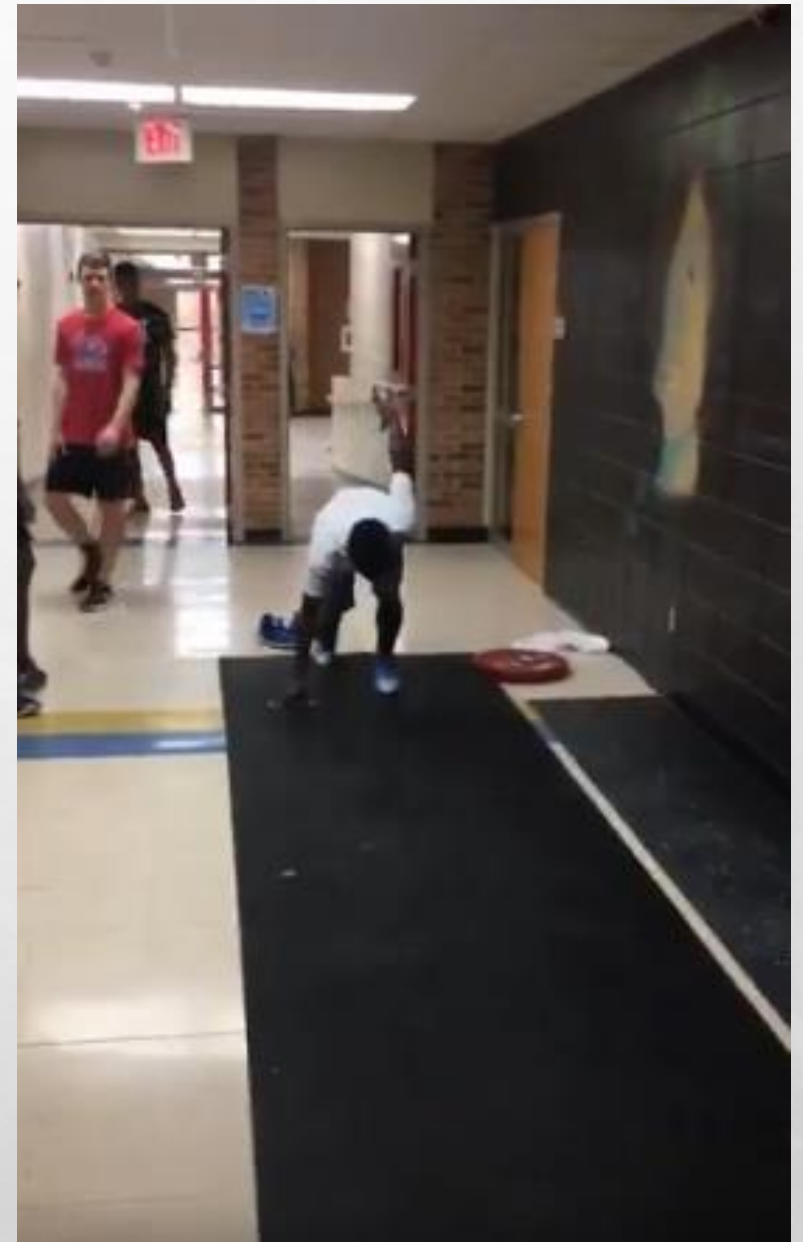
**FOOT OVER KNEE AND PROPER BACK SIDE**

**MECHANICS**



# OFF SEASON

- **EMPHASIZE MULTI-SPORT ATHLETES**
- **FOCUS ON OTHER SPORTS IN SUMMER**
- **FALL – CROSS COUNTRY, FOOTBALL, SOCCER,**
- **WINTER SPEED TRAINING (DECEMBER – FEBRUARY)**





# WINTER SPEED TRAINING

MONDAYS AND THURSDAYS 3:30-4:45

SPACE CHALLENGES

AVERAGE 50-60 ATHLETES PER SESSION (4 COACHES)

FOCUS ON POWER AND SPEED (WEIGHT ROOM AND SPEED)

TIME AND POST OUR 40 TIMES AND 10 M FLY TIMES

CORE STRENGTH AND HURDLE FLEXIBILITY

LIFT MONDAY, WEDNESDAY, AND FRIDAY





# IN SEASON WORKOUTS

## THREE TYPES OF WORKOUTS

- **SPEED DAY**
  - **FLYING 10'S, 20'S 30'S**
  - **OVER SPEED TRAINING**
  - **ACCELERATION DAYS**
- **LACTATE DAY**
  - **UP TO 200 M TRAINING ON TRACK**
  - **23 SEC DRILL**
  - **HILL WORK – 4 TOTAL**
  - **SPRINT FLOAT SPRINTS**
- **X FACTOR DAY**
  - **PLYOS**
  - **STATIONS**
  - **WICKETS & MINI HURDLES**
  - **HURDLE FLEX**
  - **BOOM BOOMS (VARIATIONS)**

# IN SEASON WORKOUTS

- **POSTED ON JJ104 – UNDER THE WORKOUTS SECTION**
- **EMPHASIZE BEING HEALTHY – LESS IS MORE**
  - **SPRINTING IS A SKILL – PRACTICE THAT SKILL**
- **TRAIN THROUGH EARLY MEETS**
- **FLEXIBLE**
  - **USE GYM SPACE**
  - **WEATHER**
  - **HEALTH OF ATHLETES**
- **3 PARTS**
  - **PHASE 1 - ACCELERATION AND LACTATE THRESHOLD**
  - **PHASE II – SPEED DEVELOPMENT AND LACTATE WORK**
  - **PHASE III – SPEED ENDURANCE AND OVERSPEED**

# FORM RUNNING

- **HURDLE MOBILITY – MINIMUM OF 3 DAYS A WEEK**
- **DYNAMIC STRETCHING ROUTINE**
- **INSERT SOME PLYO VARIATIONS IN AT TIMES – ON ACCELERATION DAYS**
- **FORM RUN DRILLS**
  - **STRAIGHT LEG RUN QUICK SKIPS HIGH KNEES CRACK THE EGG LINE IN HEEL**
  - **A WALK A SKIP B WALK B SKIP C SKIP SINGLE FAST LEG DOUBLE FAST**
- **HAVE COACHES BUY INTO TEACHING TECHNIQUE**



# MEETS

- **TRAIN THROUGH MEETS**
- **USE THEM AS SPEED ENDURANCE DAYS**
  - **OFTEN WILL RUN ATHLETES IN 4 EVENTS**
- **TIME EVERYTHING – EXCEPT 4X1 SPLITS**
- **MIX UP WHO IS ON VARIOUS RELAYS**
  - **CREATE COMPETITION**
  - **FOCUS ON OTHER ASPECTS OF THE RACE**

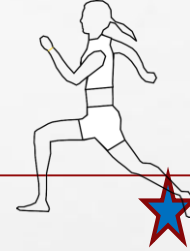


# **4X100 RELAY – TEAM MAKEUP**

- **HOW WE DECIDE WHERE TO PUT OUR SPRINTERS**
  - **FOCUS ON STARTERS – TIMING OUT OF BLOCKS, LEADER, HARD WORKER**
  - **FASTEST RUNNER IS 2<sup>ND</sup> OR LAST**
  - **LAST RUNNER IS MOST COMPETITIVE**
  - **A LOT OF ADJUSTING TEAMS EARLY SEASON**



# 4X100 RELAY – EXCHANGE ZONE



**FOCUS ON INCOMING RUNNER TO SPRINT THROUGH ZONE**

**OUTGOING RUNNER JOB IS TO FOCUS ON MARK THAN ACCELERATE TO TOP SPEED**

**INCOMING RUNNER SAYS HAND**

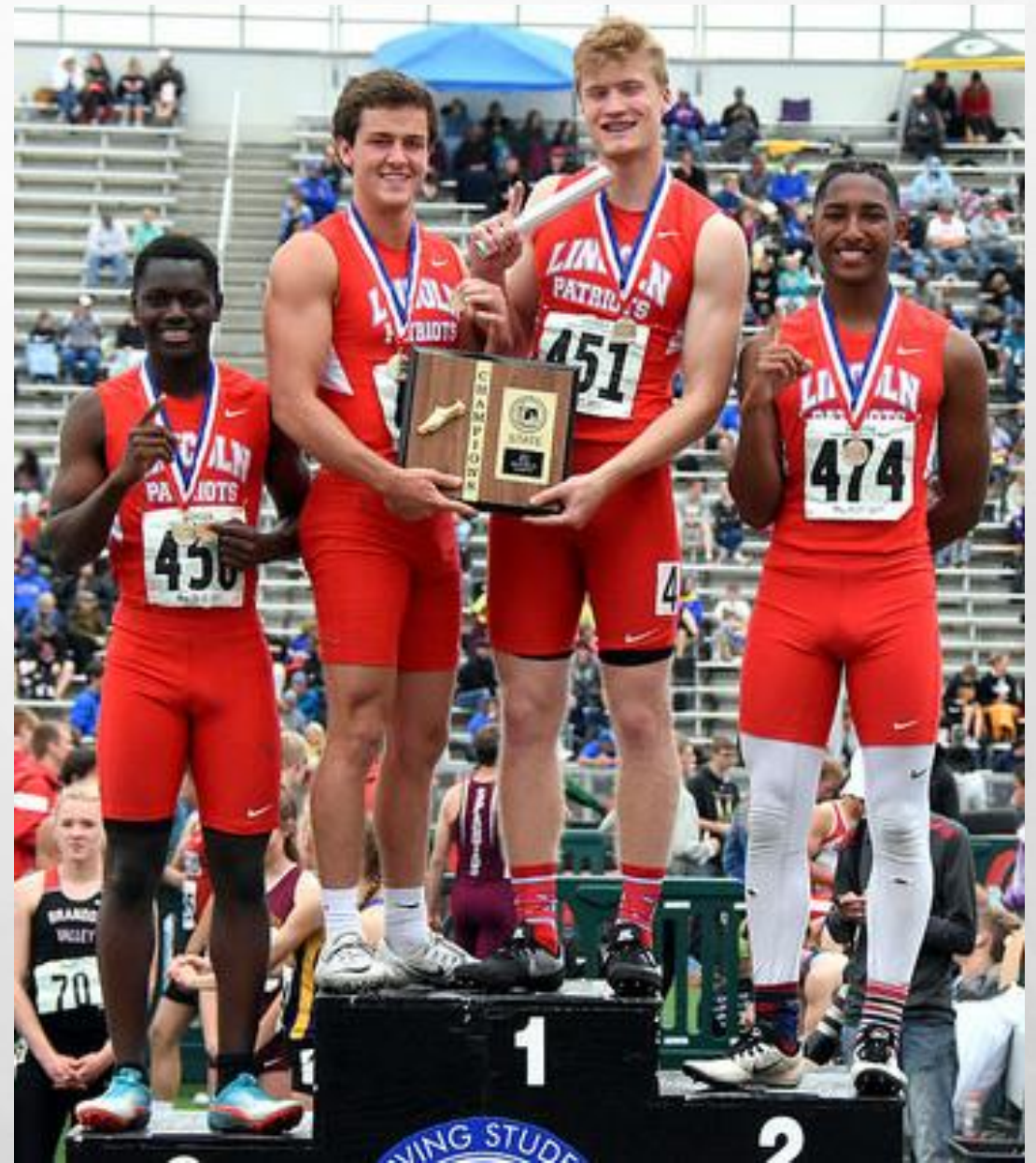
**BATON STAYS IN MIDDLE OF LANE – R, L, R, L**

**EVOLUTION OF OUR RELAYS THROUGHOUT THE SEASON**



# 4X100 RELAY - PRACTICE

- **FIRST HANDOFF IS ALWAYS “HALF SPEED”**
- **TRY TO GET A MINIMUM OF 2 FULL SPEED HANDOFFS IN**
- **INCORPORATE WORKOUTS WITH HANDOFFS**
- **BATON NEVER HITS THE TRACK**
- **DISCUSS WHAT IF'S**
- **DRILLS**
  - **100 METER DRILL – 4 HANDOFFS IN 10 SEC FOR BOYS AND 12 SECONDS FOR GIRLS**
  - **LAP DRILL – LATE IN SEASON GO TO SPOT ON TRACK**







# 4X200

- **LEFT RIGHT LEFT RIGHT – ALLOWS US CONSISTENCY WITH THE MEDLEY**
- **BLIND HAND OFF**
- **SAFER WITH HANDOFFS IN TERMS OF ZONE**
- **TIME SPLITS – TWO COACH SYSTEM**
  - **BOTH COACHES START ON GUN, COACH AT 200 EXCHANGE ZONE SPLITS WHEN BATON CROSSES MIDDLE OF EXCHANGE ZONE AT 200M AND 600M. OTHER COACH SPLITS WHEN BATON CROSSES MIDDLE OF ZONE AT 400 AND AT END OF RACE**
  - **MANAGER WRITES DOWN THE 200 TIME, THEN TAKES 400 TIME – 200 TIME, THEN 600 TIME – 400 TIME, 800 TIME – 600 TIME**

# 4X200 - EXCHANGE



- **GO MARK IS 8 STEPS UP FROM ACCELERATION MARK**
- **OUTGOING RUNNER IS 20 STEPS UP FROM ACCELERATION MARK (12 STEP DIFFERENCE)**
- **OUTGOING RUNNER LEAVES AT A CONTROLLED ACCELERATION AND PUTS HAND BACK AT CALL**
- **PRACTICE – DAY BEFORE EVENT OR POST LACTATE WORKOUT**





# QUESTIONS ?

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- **WEBSITE IS**  
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