



GROWING SPINTERS: Sprint Training and Development

PRESENTER: BRIAN GOTTSCHALK (WISCONSIN LUTHERAN H.S.)

WISTCA CLINIC

FEBRUARY 3, 2017

Brian Gottschalk
Wisconsin Lutheran High School
Coaching for 17 years
Coached Sprints, Jumps and Hurdles
Head Boys Coach for 14 years

Division 1 State Runner Up 2014



Division 1 State Runner Up 2015



Division 2 State Runner Up 2016





Education

USATF Level 1 Certified

USATF Level 2 Certified
(Sprints, Hurdles and Relays)

Goals:

- Growth Mindset Philosophy
- Sprint Training Keys
 - Offseason Training
 - Season Training



Growth Mindset

100 and 200 times

Freshman Boys

- ▶ 12.8 and 28.6
- ▶ 12.4 and 25.4
- ▶ 11.3 and 22.4

100 and 200 times

Senior Boys

- ▶ 11.9 and 23.9 (top 3 state HJ)
- ▶ 11.6 and 23.4 (state relay member)
- ▶ 10.8 and 21.8 (top 3 state finisher)

Growth Mindset

Focus on development

4 YEAR PROCESS

Think of the End in Mind

- Season is too short
- Time is too limited
- Keep things simple
- Goal setting
- Get buy in from your athletes



Growth Mindset

Focus on development

NEED FOR SPEED

Majority off all events require

- Explosiveness
- Proper Sprinting Form
 - Toe Up
 - Hips Tall
 - Arms 90 (don't cross the arms)
 - Ball of foot, under hips



Growth Mindset
Focus on development

IDENTIFY ATHLETES STRENGTH

- Enhance Strengths and minimize weaknesses
- Track Times and Efforts
- Setup Athletes for Success



Sprint Training

Offseason Training (BE ACTIVE)

- ▶ Weight Training and Plyometric
 - ▶ Football Program
 - ▶ Squat and Clean
 - ▶ Jump Rope, line jumps, dot drill, squat jumps, stair hops
- ▶ Speed Training and Running Club
- ▶ Build a Culture of Hard Work, Training and Competition
 - ▶ Encourage Athletes to participate in multiple sports

Season and Training Philosophy

- Train for **Season Goals** (Outdoor Conference, Regional, Sectional, State)
- Train for **Event Goals** (100, 200, 400, LJ, TJ, Hurdles, PV, HJ)
- **Be Patient** (Trust the Training)
- Be **flexible** in your training (More than one way to achieve a goal)
- Inexperienced **athletes will develop** throughout the season
- **Train through early meets**
- **Technique and Speed always first.**
- **REST** is not a four letter word (Error on under training than over training)

- Start with the END IN MIND
- Plot out entire season
- Plan transitions every 3-4 weeks

[illegible]

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	Mar 9-13	Mar 16-20	Mar 23-27	Mar 30-Apr 6	Apr 6-10	Apr 13-17	Apr 20-24	Apr 27-May 4	May 4-8	May 11-15	May 18-22	May 25-29	Jun 1-5
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Monday	Jump	Jump	Var Jump		Jump		JV Meet	Jump	JV Meet	Jump	Var Run	Var Run	Jump
Tuesday				JV Meet							Var Meet	Var Meet	
Wednesday	Jump	Var Jump	JV Meet	Jump	Var Run		Jump	Jump	Var Run	Var Meet	JV Run		
Thursday		JV Run	Var Meet		Var Meet			JV Meet	Var Meet	JV Meet	JV Meet	Var Run	Var Run
Friday	Jump	JV Meet		Jump		Jump	JV Meet	Var Run		Var Jump	Jump	Var Meet	Var Meet
Saturday		Var Meet			Var Meet	Var/JV Me	Var Meet	Var Meet		JV Meet			Var Meet
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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 12
Monday	W.R	W.R	W.R	W.R	W.R	W.R	W.R	W.R	W.R	W.R			
Tuesday													
Wednesday	W.R	W.R	W.R	W.R	W.R	W.R	W.R	W.R		W.R	W.R	W.R	
Thursday													
Friday	W.R	W.R	W.R		W.R	W.R		W.R	W.R		W.R		
Saturday													
						ly Empa							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Monday	Inten. Tempo	Inten. Tempo	Inten. Tempo	Inten. Tempo	Inten. Tempo	Speed Rest	Sp. End 2/M	Sp. End. 2	Sp. End. 1	Speed Rest	Tech	Tech	Speed
Tuesday	Exten. Tempo	Exten. Tempo	Exten. Tempo	Meet	Exten. Tempo	Exten. Tempo	Inten. Tempo	Inten. Tempo	Tech/Meet	Tech	Meet	Meet	Recover
Wednesday	Tech/Aerobic	Tech/Aerobic	Tech/Aerobic	Tech/Aerobic	Tech/Aerobic	Tech/Aerobic	Tech	Tech	Speed Rest	Meet	Recover	Recover	Tech
Thursday	Power End.	Power End.	Meet	Power End./	Power End./	Inten Tempo	Speed Rest	Speed Rest	Meet	Tech/Meet	Speed End.	Tech	Meet
Friday	Exten. Tempo	Tech/Meet	Tech/Aerobic	Tech/Aerobic	Tech/Aerobic	Tech/Aerobic	Tech/Meet	Tech	Recovery	Inten. Tempo	Tech/Aerobic	Meet	Meet
Saturday	Aerobic	Meet			Meet	Meet	Meet	Meet		Meet			

Basic Weekly Workout Plan

Day 1: Speed/Anaerobic

Day 2: Lactate (70-80% over 40sec)

Day 3: Tech/Aerobic/Rest

Day 4: Speed/Power

Day 5: Tech/Aerobic/Rest

Day 6: Meet/Speed



Daily Practice

WARM UP!

- Team Announcements
- Team Dynamic Warmup
- Sprinter (Technique and Warm Up)
 - Station 1: Small Hurdle or Ladder Drills
 - Station 2: High Hurdle Mobility
 - Station 3: Roll Out
 - Sprint Drills and 4-6 accelerations
 - EVERYDAY IS A DAY TO IMPROVE
 - FOCUS ON PROPER FORM IN EVERY DRILL

Monday (Week 1-5)

Acceleration Training

- Band Starts (1 step and 3 step drills)
- 4 x 20m starts (acceleration ladder)

Anaerobic

- (6-12 x 200 based on 400 pace)

Weight room and Roll Out

Monday (Week 6-10)

Max Speed Training

- Over speed (2-4 80 m bungee)

Special Endurance

- (150-200 x 3-4 at 400 pace)

Weight room and Roll out

Tuesday (Week 1-5)

Lactic Training (80% and longer than 40sec)

- 100-200 (300-350 x 4-5 at 400 pace)
- 200-400 (450-600 x 4 at 400 pace)

Strength Work (20-20-20 x 3)

- 20 pushup
- 20 sit-ups or core exercise
- Hamstring work
- Roll Out

Tuesday (Week 6-10)

Lactic Training (80% and longer than 40sec)

- 100-200 (200-300 x 4-5 at 400 pace)
- 200-400 (200-500 x 4-5 at 400 pace)

Strength Work (20-20-20 x 3)

- 20 pushup
- 20 sit-ups or core exercise
- Hamstring work
- Roll Out

Wednesday

Technique and Aerobic

- Acceleration Technique and starts
 - Band Starts (1 x 5, 3 x 5)
 - Band Resistance (3 x 20)
 - Block starts (3 x 20)
- Aerobic workout
 - Ins and outs (1-2 miles jog 100 stride 100 repeat)
 - Grass Runs
 - Circuit Workout

Weight room and Roll Out

Thursday (Week 1-5)

Power Endurance

- Bounding Drills

Hill Work or Stair Work

- 150m x 6 hills
- 40m x 4 x 6 hills or stairs

20-20-20 and Roll Out

Roll Out

Thursday (Week 6-10)

Speed Resistance

- Hill Work
 - 4-6 40m hills
- 100-200: 150-200
- 200-400: 300s at 40-45 seconds

20-20-20 and Roll Out

Friday (Pre Meet)

Technique and Aerobic

- Acceleration Technique and starts
 - Band Starts (1 x 5, 3 x 5)
 - Band Resistance (3 x 20)
 - Block starts (3 x 20)
- Aerobic workout
 - Ins and outs (1-2 miles jog 100 stride 100 repeat)
 - Grass Runs
 - Circuit Workout

Weight room and Roll Out

Meet Days

Early Meets (week 1-5):
Practice, Speed Workout, Test

Middle Meets (week 6-10):
Speed Training, Test and Improve

End Meets (week 11-13):
Improve and Reach Goals

Special Thanks to ...

Kirk DeNoyer
Eric Lueck
Jason Goede
Blair Schaper
Tony Veney



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