Rod Jett

Integrating Sprint & Hurdle Training

February 4, 2017

My Background

- State finalist in 1984 110 and 300 hurdles
- 3 time All-American at Cal, '87, '88, '89
- 3 time Olympic Trials qualifier, '88, '92, '96
- Continue to compete in Master's track
- Entering 15th season coaching at Jesuit HS and 2nd season at St. Francis HS

Since 2008

- Jesuit athletes have qualified for state in the 100, 200, 400, 300h, 4 x 100, and 4 x 400
- State finalists in the 100, 200, 400, 4 x 100, and 300h
- 4 x 100 relay teams qualified for state 5 times, and SJS Masters meet 8 times

The Sprints

- My Philosophy
  - Mental Approach
  - Drilling
  - Keywords
  - Short to long
  - Health vs fitness
  - Versatility

Scaffolding

- Every sprint workout should have one or two specific elements as a focus
- Use "equipment" to artificially get athletes to "feel" what they are supposed to do
- Simulate then Apply
- Resistance and wickets

Resistance

- Used when we are working on acceleration
- Depending on the conditions and number of people, we may use sleds, tires, bungees, or hills
- From resistance to acceleration on the track
- Ideally the positions attained with resistance can be maintained without
- Crouch starts, block starts

Bound/Wicket Drills

- Used to get athletes to PUSH forcefully
- Simple bounding
  - Speed Bounds
  - Hurdle hops
  - Standing TJ
- Wicket Drills
- Working on turnover and posture
- Max speed, speed maintenance

Wicket Drills

http://instagram.com/altisworld
https://www.youtube.com/watch?v=Tl-Q-WUUBzQ

My Wicket Spacings – 20 wickets

- Taller/Faster
  - 4 @ 6'
  - 4 @ 6'3"
  - 4 @ 6'6"
  - 4 @ 6'9"
  - 4 @ 7'
- Shorter/Slower
  - 4 @ 5'9"
  - 5 @ 6'
  - 5 @ 6'3"
  - 6 @ 6'6"

Rhythm and Modelling

- Athletes need to learn pace
  - Important for completing workouts properly
- Especially important in the long sprint
  - 400 is about controlling energy output
- Psychologically more "doable" for high school athletes
  - Focus on pace to 300/350 then pray!

Example

- Joe has a goal of running 51.0
  - 1st 200/2nd 200 splits vary by runner, but generally there is a 4 second differential for most high school runners
  - I use a speed based approach because the buy-in is easier
  - If Joe can run 11.7 he should be able to run 51.0
  - On quality interval days Joe will intervals at race pace up to 350 meters

The Season

Months	December					January				February				March					April						May/June				
Saturdays	3	10	17	24	31	7	14	21	28	4	11	18	25	4	11	18	25	1	8	15	22	29	6	13	20	27	3
Meets			Testing				Testing					Testing		Soc. State Classic vs. CB		Delta Dual/Hardy Inv.	Delta Dual/Stanford Inv.	Delta Dual/Mucos Inv.	Arcadia Inv.	Jesuit Easter Inv [1]	Delta Dual/ Bronco Inv.	SMOC or Sectional Races	Delta Trials[1]	Delta Finals[1]	Section Trials[W] and Finals[1]	Masters Trials[TH] and Finals[F]	State Trials[F] and Finals[S]
Phase	General Prep							Dead Period				Sp. Prep.						Main Comp.					Post-Season					
Mesocycle	1			2			3			4			5			6			7				8			9		
Microcycle	H	H	E	H	E	M	E	H	E	H	H	E	H	H	E	H	H	E	H	E	M	E	M	E	E	E	E	

Workouts

- Fall/Winter
  - 3 or 4 days a week
  - Day 1- Aerobic
  - Day 2 – Anaerobic
  - Day 3 – Tempo/Speed
  - Day 4 – Skills

Fall/Winter

- Aerobic
  - 1600-2400 meters, 65-75%
  - 8-12 reps, 2-3 sets
- Anaerobic
  - 1000-1600 meters, 75-85%
  - 6-10 reps, 2 -3 sets
- Tempo/Speed
  - < 1000 meters, 85-95%
  - 6-10 reps, 2 -3 sets

Sample Workouts

- 3 x 300/200/100, Aerobic
- 4 x 200/100/100/100, Aerobic,
- 3 x 300/200(split 500's), Aerobic
- 4 x 250, Anaerobic
- 3 x 300/100(split 400's), Anaerobic
- 8 x 150, Tempo
- 3 x 3 x 50 wickets, 2 x 120, Speed
- 100/150/200/250/200/150/100, Tempo

Early Season Plan

- Day 1- Speed/Event Day
- Day 2 – Aerobic
- Day 3 – Anaerobic
- Day 4 – Active Recovery
- Day 5 – Tempo/Events

Early Season

- Aerobic
  - 1600-2400 meters, 65-75%
  - 8-12 reps, 2-3 sets
- Anaerobic
  - 1000-1600 meters, 75-85%
  - 6-10 reps, 2 -3 sets
- Tempo/Speed
  - < 1000 meters, 85-95%
  - 6-10 reps, 2 -3 sets

Regular Season Plan-

No Meets
- Day 1- Speed/Events
- Day 2 – Aerobic
- Day 3 – Anaerobic
- Day 4 – Active Recovery
- Day 5 – Tempo/Events

2 Meets
- Day 1 – Speed/Events
- Day 2 – Aerobic
- Day 3 – Race
- Day 4 – Active Recovery
- Day 5 – Warm up/Events
- Day 6 – Race

Regular Season

- Aerobic ≤ 1day a week
  - 1600-2400 meters, 65-75%
  - Either 15-20' runs or Strides on grass or turf
- Anaerobic 1- 2 days a week
  - 1000-1600 meters, 85-90%
  - 6-10 reps, 2 -3 sets
- Speed 1-2 days a week, Meets are speed days
  - < 1000 meters, 95+%
  - 6-10 reps, 2 -3 sets
- Tempo 1-2 days a week
  - < 1000 meters, 95+%
  - 6-10 reps, 2 -3 sets

Sample Workouts

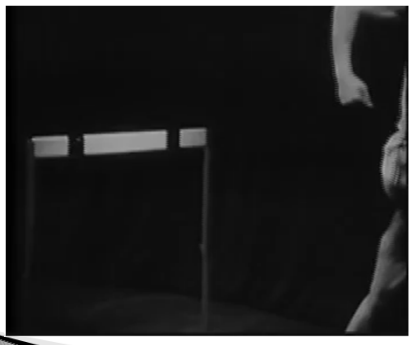
- 14 x 100, Aerobic Recovery
- 3 x 200/100/100/100, Aerobic,
- 4 x 250, Anaerobic
- 3 x 300/100(split 400's), Anaerobic
- 2 x 350, Anaerobic
- 6-8 x 150, Tempo
- 3 x 3 x 50 wickets, 2 x 120, Speed
- 100/150/200/250/200/150/100, Tempo
- 2 x 30/60/90, Speed

The Hurdles

My Philosophy

- Balance
- Trail leg
- Rhythm
- Race Strategy

Guy Drut - 13 Seconds



Approach/Take-off

- Must rise more quickly than sprinters
- Eye the hurdle quickly
- Rhythm quickens as you approach
- Lead with the knee
- Not too close

Clearance/Run-off

- Arms set the pace
- Top of parabola is in front of the hurdle
- Dive with eyes up
- Trail leg is tight to body
- Roll forward
- Complete the motion
- High knee finish

Wall Drills

- Learn positions statically
- Wall Drills increase strength and flexibility
- Often done on non-hurdle days, post workout

Wall Drills

Skip Drills

- Start to put it in motion
- Stay Tall
- Achieve proper positions
- Develop rhythm

Skip Drills

One step and Quick 3 step

- Actual hurdling
- Stay tall
- Trail leg “races” the lead
- Quick feet
- Quick arms

One Steps

Quick 3 Step

Conquering the Fear

- Fear keeps hurdlers from reaching their potential
- Low and Close
- Push beyond the comfort zone
- Train where you want to be not where you are

3-stepping

- Hurdlers must be sprinters
  - Stride length only needs to average 6-6.5 ft. between hurdles
  - Wickets
- Learn the proper rhythm
- Get off the brakes
- Watch the take-off
  - Should be about 6.5-7 ft.

Workouts

- 4-5 x 12 hurdles – strength
  - Run at 3" below race height, moved in 1-2'
- Turnabouts – strength
  - Back and forth over 3-4 hurdles
  - Good when space/hurdles are limited
- Long approach – rhythm
  - 10 step approach

Workouts

- Critical zones – rhythm/max speed
  - 3-3-7-7-3-3-step
- Random spacing – visual adjustment/alternating
  - 4-5 hurdles on the straightaway at random spacings
- Split 300 for IH
  - Sprint 150, 60-90"rest, run 150 w/last 3 hurdles