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North West Athletics

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ATFCA: Level 4 – Sprints, Hurdles, Relays, Distance

ASCTA: Level 2 (Bronze)



The following pages outline some **examples** of the program(s) that are offered to young - developing athletes.

It is difficult to outline a program or even an example program that would be applicable in a wide variety of cases.

Every athlete is an experiment of ONE

However,

The **emphasis** of **North West Athletics** programs is on **SKILLS**.

After natural growth and maturity (and training options) have produced their outcome, athletes continue to progress through the development and refinement of their **skills**

(and, through progressive training challenges to which they have not been over-exposed as youngsters)

**The easy thing is to train hard
The harder thing is to train smart**

When young (e.g. <16 years)

Try to get as far as you can

on as little as you can

(of course, the "little" should focus on quality efforts, and, you should always be seeking to expand your skill capacity; expanding skills when young = "money in the bank" .. you can spend it later)

50 repetitions forms a habit .. but, it takes thousands of repetition to change a habit

(So, always seek to execute perfectly .. from the very first attempt)

North West Athletics: Speed is the Key

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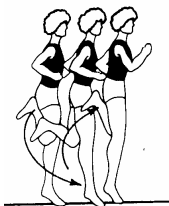


The Programs offered are Drills Programs.

They should be included as separate sessions, or, included in whole or in part, in other warm-ups, games or training sessions.

While the session details are summarised, even more important is the way they are applied.

Communication with your coach is essential to ensure you are applying ideas correctly.



Butt Kicks

Alternatives
(Variations)

Cycling
(15-25 mins. Easy Spinning)

Aerobics
(30-50 minutes)

A Basic Drills Program: Weeks 1 - 4

ALL SESSIONS should be preceded by a thorough warm-up: suggestions include ... jogging (with directional changes—forwards, backwards, side slide, skipping, various drills); static stretches (e.g. DFK or specific stretches). **Time Allocation:** 10-15 mins. Stretches: 6-10 mins.

PLAN your week in advance. **REST** or **RECOVERY** days are your most important sessions; this is when your body adapts and grows stronger. So, make a plan ... it's better to have a plan that can (and should be changed) than to have no plan at all.

Training Focus

Only PLENTY of PERFECT PRACTICE will PRODUCE PERMANENT PERFECT PERFORMANCES

So,

When you train or practice ... strive for perfection;
If you feel you are allowing your technique to lapse ... end the session.

The Programs assume basic familiarity with A, B, and C Drills, and/or a determination to acquire and apply these skills. Video support is available.

WEEK 1: (2-3 Drills Sessions; 1 Pool, or Cycle, or Aerobics)

Session 1: Walk-back recoveries ... adequate recoveries will encourage **perfect** execution.

1. 2 x 30m A-Skip ("Toe Up" - "Heel Up" - "Knee Up" - Step over the support leg knee".)
2. 2 x 10m Ankling
3. 1 x 6 Fast Claw (Left)
4. 1 x 6 Fast Claw (Right)
5. 1 x 30m Butt Kick (Left)
6. 1 x 30m Butt Kick (Right)
7. 1 x 40m Butt Kick (Alternating)

Have a friend or training partner or coach call the Fast Claw.

8. 2 x A-Skip (3-5m) - Running the Boards (3-4 secs.) - Sprint 15m.
9. 2 x 4pt. Start to 20m (Back foot firmly against back block)
10. 2 x 3pt. Start from Standing (Bow-Touch-Go) to 20m.
11. 20-30 Bent Knee Sit-Ups / Crunchers
12. 2 x 10 Side Dips .. broomstick to assist posture (count one side only)
13. 1 x 100 Rapid Form Skipping: *light, fast.*
14. **Complex Drills** ... over a 30m distance perform 3-4 drills; best if changed on coach command; e.g. A-Skip / Double A's / Running the Boards / Alternating Butt Kicks. Complete 3-4 Complex sequences.

Session 2: **Pool Session** ... the session may be modified to suit any pool.

You will need to have all materials organised before you commence the session, and will probably find the session very demanding ... why? .. because it is probably something different. (You may need advice on the execution of such sessions)

Alternatives

If a Pool session is not feasible:

Cycling, or, Aerobics

You will need a buoyancy belt, such as a *Back Float*, or similar. Only enough buoyancy to keep you afloat easily when running in the water.

Don't spend money on expensive back floats; a simple flotation aid is just as good

Video support available; or, if in doubt .. ASK.

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Training Diary

Use the Training Diary or prepare your own.

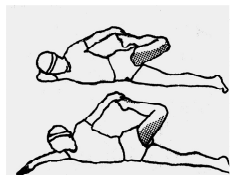
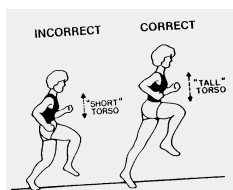
PLAN your week in advance.

There is time for everything, if you **PLAN**.

5-10 mins. a day completing your diary can give you great satisfactions as you see yourself improve.

And, mark in all your activities, not just your training.

Training is not a separate part of your life, it is **another** part of your life.



It is less important
what you do,

rather,
How you do it.

**PRACTICE
PERFECTLY**

A Basic Drills Program: Weeks 1 - 4 (cont.)

Week 1 (Cont.)

Session 3:

1. 2 x 20m A-Skip
2. 2 x 20m Double A's
3. 2 x 30m Alternating Butt Kick
4. 1 x 6 Fast Claw (Left)
5. 1 x 6 Fast Claw (Right)
6. 1 x 5 Fast Claw (Left)
7. 1 x 5 Fast Claw (Right)
8. 2 x 30m Alternating Fast Leg
9. 2 x 20m B-Skip



Triathlon: a great way to improve your fitness; BUT, take care.

A-Skip: ("Toe Up" - "Heel Up" - "Knee Up" - Step over the support leg knee".)

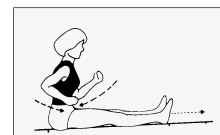
10. Easy **Run** (2-3km.), or, 5-15 km. **Cycle**, or, **Pool** - you choose the stroke .. moderate stroke efforts but fast(er) when kicking: 6-8 x 25m **fast** kick with board .. some with fins if that is your choice + 6-10 x 25 F-S (moderate speed) .. rest 15 seconds between efforts ("broken swims").

This is enough for **Week 1**: Be sure to keep your **diary** up-to-date.
And, remember **YOUR Daily Commitments** and other tasks.
These and other activities and plans should be recorded in your diary.

WEEK 2: (2 Drills Sessions; 1 Pool or Cycle or Aerobics; 1 Track)

Session 1: Drills and Track: Walk-back recoveries

1. 2 x 20m A-Skip .. increasingly rapid turnover of legs.
2. 2 x 30m Alternating Butt Kicks
3. 1 x 6 Fast Claw (Right)
4. 1 x 6 Fast Claw (Left)
5. 2 x 20m B-Skip
6. 2 x 8-10 secs. Seated Arm Drill .. build up to 3 secs. max. (push elbows back)
7. 3 x 3-4 secs. Running the Boards
8. Acceleration Runs: 3 x 60m .. accelerating to 90% by 30m .. hold speed and technique for a further 30m; walk-back recoveries + 1-2 mins.



Good Technique .. **RUN TALL**; complete recoveries to ensure good form.

9. Starts: 3 x 30m .. Prone Start ("Clap" .. up and go)
10. Starts: 3 x 4pt. Starts to 25-30m (from blocks if possible) .. maximum efforts
11. Easy Jog (400-800m) to warm down.

Session 2: Track Session

Young athletes should avoid Speed Endurance Training, i.e. "hard" interval sessions, until their bodies (and minds) are ready.

3 x 60m: 20m *Fast* / 20m *Controlled* / 20m *Fast*; Standing Start .. accelerate to maximum over first 20m (*Fast*) ... hold speed without straining for 20m (*Control*) ... then "hit it" again for the final 20m (*Fast*). Complete recoveries.

2 x 120m: 85% efforts; focus on good form; finishing each run off. Complete recoveries.

Athletes who commit to following a program will be provided with a simple Training Diary, on request.

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Week 2: (Cont.) Track Session (including Drills Review)

Session 3:

1. **Brief Drills Review:** see Assessment Sheet (work through the drills .. video your efforts / analyse and evaluate.)



After each drill (and before you see the video) .. rank your performance: 5 4 3 2 1.
It will be interesting for you to examine the video, and then review your rankings.
If possible, send the video to me for review and comment.

2. **Sprint Drills:** this session is designed to strengthen muscles and encourage the body to make more muscle fibres available for the task of sprinting.

Six (6) ¼ Squat Double Leg Bounds .. rest 5 seconds, then, from a standing start, SPRINT 30-40m.
(Repeat 4 times; complete recoveries)

3. **Technique Runs:** 2 x Seated Arm Drill to establish correct arm action. Then,

70 / 50 / 30 ... from a “rolling” start; i.e. accelerate to 90% over 15m, then 70m at 90% ...
rest; then, 15 + 50m (90%); and, 15 + 30m (90%). Complete recoveries.

4. **Drills:** Finish the session with 8-10 mins. drills; including, 3 x 20m B-Skip.

If you need advice on any of these sessions, don't be afraid to ask.

Session 4:

Pool Session ... Card Title: *Pool Session .. An Introduction*

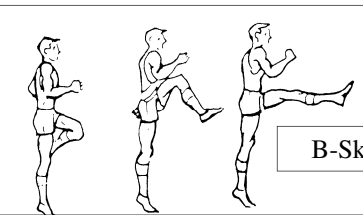
Note! Pool Cards are laminated so they may be taken to the pool

Cycling
or
Aerobics

In this session, or, in place of one of the **Running in the Water** activities, complete
30 seconds of each of the following drills in the water .. in-the-water = standing to approx. elbow level;
A-Skip / Double A's / Alternating Butt Kicks / Fast Claw (L & R) / 2 x B-Skip (30 secs. recoveries)

B-Skip is a three (3) phase movement .. the most important phase is the first;

1. **Heel Up** (tight under the buttocks .. toe dorsiflexed)
2. The leg **blocks**, the thigh parallel to the ground (too high in the *graphic*) ...
3. The lower leg swings forward, toe up (extension), the leg then being “pulled” to the ground, landing on the ball of the foot.



B-Skip

The B-Skip Drill is **VERY important** to master correctly;

strive patiently towards perfection.

Think for a Moment: **What have you done today to make yourself feel proud?**

How are you coping?

- By now you will be over the “shock” of the program, and should be able to see yourself making improvements.
- Video your drills ... I can comment onto such tapes if sent promptly; you can then apply the advice and improve.
- Naturally, you need company when training .. a partner; someone participating / someone watching, giving you feedback.
- **I / WE** can see what you are doing, but only **YOU** can feel what you are doing.
- **OUR AIM** must be to have you **feel** and **see** what is the best movement pattern .. the pattern most likely to enhance **your** speed.

Things to Keep in Mind ... during drills / when running

The shortest distance between two points is a straight line, and,

Short Levers (arms, leg recovery) move **FASTER**; longer levers move **SLOWER**.

**You can never be better than your best ... STRIVE to be YOUR BEST
No More! No Less!**

POOL SESSIONS ... An Introduction

Organise ALL resources before you enter the pool. (Water bottle (full), fins, board, buoyancy, towel)
Move promptly from each activity to the next.
Work at your own pace .. but, accept the challenge of the session.
Buoyancy = vest or simple back float; more advanced swimmers may not need buoyancy.

WARM UP

Jog: 5-6 Minutes ... varied movements; 3-4 static stretches .. 30-45 sec. holds.

Swim 2 Laps (100m) .. EASY .. change strokes every 25m
(Freestyle; Breaststroke (1P/2K, 2P/1K, Hands by Side); Backstroke; Sidestroke; Drills)

Recovery: Time taken to put on buoyancy belt

1

Running in the Water (with buoyancy)
4 x 30 seconds "ON" (90%+) ... 15 seconds "Off" (40%)

Recovery: 1 minute easy treading water

2

10-20 Poolside Push-Ups; 20 Bent Knee Sit-Ups (Crunchers);
Cross Body Lifts (5R—5L) ... Use a towel and/or kick board for support

Recovery: 1 minute easy treading water

3

Poolside Running (running against the side of the pool) (with or without buoyancy)
4-6 x 20 seconds "ON" (90%+) ... 20 seconds "Off" (40%)

Recovery: 4 minutes Stretching: e.g. Frog .. One Leg Over-Under .. Modified Hurdle Sit

4

Hypoxic Set (Freestyle) .. Exercise without oxygen
No buoyancy (fins optional)
25m: 4 or 5 strokes / breath
25m: 2 or 3 strokes / breath
25m: 4 or 5 strokes / breath
25m: 2 or 3 strokes / breath
Experienced swimmers: 5/1; 7/1; 5/1

Recovery: 4 minutes Stretching

5

Drills in the Water
2 x 30 seconds: **A-Skip**
1 x 30 seconds: **Alternating Butt Kicks**
6 x **Fast Claw (Left)**; 6 x **Fast Claw (Right)**
Recoveries: 10-15 seconds Extra drills may be added at your discretion

You can
plan and
execute
the drills
YOU
need to
work on

Recovery: (Choice) 1 Minute

6

10-20 Poolside Push-Ups; 20 Bent Knee Sit-Ups (Crunchers);
Cross Body Lifts (5R—5L) ... Use a towel and/or kick board for support

WARM DOWN: Swim 100m (Easy) .. Choice; Stretch (5-10 mins.)

This Pool Session is an Introduction ... a series of programs will provide variations and progressive challenges.
Other programs (laminated for poolside protection) are available

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WEEK 3: (2 Drills Sessions; 1 Choice (Run, Cycle, or Aerobics); 1 Track)

Session 1: Drills .. walk-back recoveries (w/b)

It is less important
what you do,

rather,
How you do it.

**PRACTICE
PERFECTLY**

1. 3 x 20m A-Skip
2. 3 x 30m Butt Kicks .. 10m (Left Only) ..
10m (Right Only) .. 10m Alternating
3. Fast Claw .. Coach/Partner Commands ..
2 x 6 commands on each leg
4. 3 x 20m B-Skip
5. 3 x 20m Alternating Fast Leg
6. 3 x 30m Alternating Combinations
(Fast Leg-Butt Kick)
7. 3 x 20m A&C
8. 3 x 20m A-B-C
9. Skip 100 .. Rapid Form (fast tempo)
10. Your Choice: select one of the above that you feel
you need to practice further.

Short duration
activity:
6-10 seconds
in total, i.e. 6
commands in
10 seconds;
DON'T
PRACTICE
SLOWNESS

DFK Warm-Up Stretches

See
attached
sheet

These stretches
should be practiced
regularly
(perhaps informally,
e.g. while watching
TV, as a break during
homework)

As time progresses
you will select the
stretches that best
prepare **you**.

Jog: 1-2km. Easy Pace.

Session 2: Run: 3-5 km. Easy Pace (LSD): Long Slow Distance; conversational pace = a pace or intensity at which you can maintain a conversation with your partner); do **not** run alone; avoid highways.

Alternatives: Aerobics (50 mins.) or Cycling (8-15 km.)

Session 3: Track Session

After a **thorough** w/u: 2 x Falling Starts to 20m (70-80%)
4 x 3 pt. Start from Standing (Bow-Touch-Go) to 20-25m (100%)

Drills
should play
a role
in
all
warm-up
programs.

- 4 x 60m: 20m *Fast* / 20m *Controlled* / 20m *Fast*; Standing Start .. accelerate to maximum over first 20m (*Fast*) ... **hold speed without straining** for 20m (*Control*) ... then "**hit it**" again for the final 20m (*Fast*). Complete recoveries.
- 3 x 120m: 85% efforts; focus on **good form**; finish each run off, holding form to (beyond) the finish. Complete recoveries.

Jog: 1 km.

Commitments

By now you will have developed a sound fitness base.

This basis can be supplemented with a regular Exercise Commitment schedule, dependent on your level of aspiration, and, level of preparedness.

Week 4: Test Week

Session 4: Drills .. w/b

1. 2 x 20m A-Skip
2. 2 x 10m Ankling
3. Fast Claw .. both sides; partner/coach commands.
4. 2 x 20m A&C
5. 2 x 20m A-B-C
6. Skip 100 .. Rapid Form (fast tempo)

Jog 400-600m .. Slowly. Repeat Drills, replacing Fast Claw with 3 x 30m Alternating Combinations.

The best way to be treated like an adult is to stop acting like a child

WARM-UP: By now you will be (should be) developing a range of warm-up activities that will best prepare you for the sport or training session ahead. Do not overlook this important phase of your training. Try to introduce elements that you can (occasionally) use to evaluate your progress; e.g. Sit & Reach Flexibility.

PLAN YOUR TIME: Making a Commitment to Improve

Progress Patiently

NOTE! Start at less than the indicated level and progress towards your goal(s).

1. Regular (Daily)

⇒ Stretching (30-60 minutes): can be informal, e.g. watching TV. Use the DFK stretches, or, select and practice **stretches specific to your sporting interests** (espec. Hamstring stretches).

Aim: Sit & Reach: +20 (or greater)
Full Hurdle Sit (upright; right angles; **both** sides)
Full Split (alternate your lead leg)

⇒ Keep a Diary up-to-date (including session ratings) for me to review (every 2-3 weeks).

At the very least .. Keep a weekly Activity Summary Sheet
EACH WEEK (in advance): jot down a brief summary or plan of your intentions.
Vary on a needs basis .. BUT have a plan.

2. Three (3) - Five (5) Sessions per week

- ⇒ 2-3 (sets) x 15-25 Full Push Ups (**Believe and Achieve**)
- ⇒ 3-4 (sets) x 30-50 Bent Knee Sit-Ups: variations .. crunchers / twisters / cross-overs / lower abs.
- ⇒ Back Extensions .. after sit-ups (3-4 .. hold for 3-4 seconds) **or** Cross Body Lifts (4-5R—4-5L).

The **aim** of this part of your program is to develop **basic strength and fitness**.

Don't go overboard .. **REST** is your most important training session; this is the time when your muscles (and mind) adapt to training; i.e. grow stronger.

Try to stick to a regular schedule ... but, if you are tired, or really don't feel like it, don't do it. **Rest** ... *live the fight again another day.*

It only takes a few moments to complete the tasks ... probably best earlier in the day so that you "get it over with".

Keep a record of **your work**, and **your progress**. Your **Training Diary** is a great help here.

Important Things

Regular Activity / Regular rest
Vary your program: Run, Exercise, Rest, Play, Be Active, Plan
Enjoy all your sports

Other and/or Alternative Core Body Strength activities can be added as needed.

e.g.

Bar Circuit

Medicine Ball Circuit

Very Important !! Keep your parents informed about what you are doing.

We are all working together to help ... YOU !!

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You are what you repeatedly do

Differences Distinguish Champions ...
the different things they do, and, the things they do differently

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WEEK 4: (*Test Week*) 3 Sessions: Drills Test; Aerobic (LSD) Run or Track; Running / Agility Tests

Session 1: Drills Test

The **best way** to make the assessments is, of course, **direct assessment**: your coach watching and providing you with immediate, positive, corrective feedback, and, an overall evaluation.

This may not be possible: so, get a **video** camera; have a friend or parent or teacher video you going through the drills .. send me the video (VHS) .. I will comment in writing, or, on to the sound track of the video.
Athletes must meet the cost of such communications.

Your video becomes your record of your progress.

At **Clinics** we review several well known athletes as they progressed through a similar program.

Be sure to **warm-up thoroughly**. (If videoing the sessions, show your selection of DFK and other stretches to demonstrate your progress in this important phase of your training.)

By this stage you will have mastered the following basic drills: A-Skip; Ankling; Butt Kicks – Right/Left/ Alternating; Fast Claw; B-Skip; A&C; A-B-C; Combinations (Butt Kick-Fast Leg) - Right Only – Left Only – Alternating; Coach Command Drills.

Work through a series of drills aiming to show your best technique. Complete the attached assessment card.
(send me a copy of your assessment of yourself)

Also: video a series of 50-70m accelerations ... from the side, front and back:
Falling start and 3 Pt. Starts .. accelerate to 20m .. hold 90%+ effort to 50-70m)

Send me the video .. promptly; I will reply ASAP; **or**, you can review your performance with your coach.

Session 2: 25-30 minute continuous LSD Run

or

Track Runs: repeat Week 3, Session 3

Do **not** run alone; avoid highways.
Be sure to maintain a sound warm-up /
warm down procedure.

Session 3: Test Card: (available on request)

Four (4) Tests: Agility – Speed – Co-ordination

It is not especially significant what your performance levels are at this stage; but, it is important to commence collecting data about YOU and YOUR PERFORMANCES.

As time passes you will see your improvement recognised in your drills, your video, in tests such as these ... improvement will not always come in all things at the same rate or at the same time.

Have a range of measurements. Something will almost certainly be on the improve, and can provide the encouragement for you to continue your efforts and progress.

So, keep a record of your achievements.

(Only) Athletes who forward the test information (and personal video) to me promptly

will receive

**A laminated Athlete Tag
Prompt analysis and comments on their video**