



# North West Athletics: Power Activities



**Never .. and I mean Never** complete Power Activities on consecutive days; also, max. of 1-2 Power Activities per session

(e.g. Hurdle Bounds, or, at most, Hurdle Bounds + Lunges; one Power Activity, towards the end of the session is enough for young athletes)

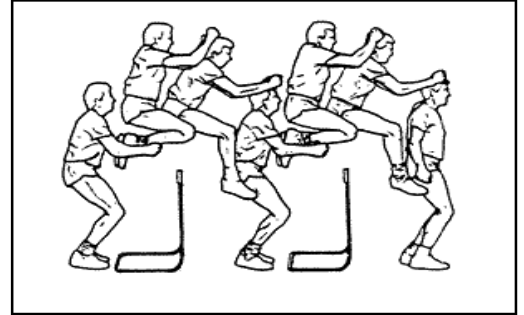
I recommend no more than 2 Power Activity days per week, separated by **at least 2 days**, incl. a Rest Day; **never** within 5 days of a competition; and, always **at least one rest day before a speed session**.

1

## HURDLE BOUNDING

Maximum of 20 contacts per set; 2-3 Sets.  
5 Hurdles (poly pipe, cardboard, foam): 40 - 76 cm.  
4 x 5H with pre-jump.  
4 x 5H **Explosive** .. **only** after rhythm and confidence established.  
Knees to chest, rather than chest to knees:  
aim for maximum clearance (*Knees Up*)  
Head (eyes) Up: however, retain eye contact with hurdle.  
Feet 5-10 cm. apart on landing.  
If insecure .. step away; start again.  
1-2 mins. between each series of bounds; don't race through the sets.

**Resistance Bounds:** 2 x 5 Ankle Wts.—release (1 x 5)



Be careful don't overdo bounds .. finish feeling as if you could do more .. gradual progression. In general 50-60 contacts .. Always in good sneakers .. Don't do too much, or rush - **Beware:** pay back day is the next day, or, Day 2.

2

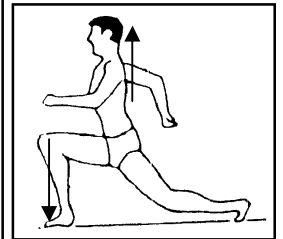
## LUNGES

Be assured, after a series of lunges, you will have trouble sitting down or walking down stairs the next day or even two days later; lunges target eccentric strength .. the muscles are challenged as they lengthen; on most occasions, we associate challenges to the muscles with shortening (contraction) of the muscle.

I recommend no more than 4 x 10 lunges in the first session; progress gradually .. your muscles learn to cope.

Step forward (exaggerated) - **body upright** — arms swing for balance if necessary — as body sinks, **knee should be directly above** (not behind) **the foot**—steps forward can be quite fast, but sinking (muscle lengthening) and rising should be slower and controlled.

Complete sets of 10: i.e. 5 Lunges on Left—5 Lunges on Right .. 3—6 sets .. 2-5 mins. recovery.



Demonstrated in Drills for Speed video: Advanced Junior

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## Body Position Determines Muscle Recruitment

### HILLS

Hill slopes should not exceed 5%, i.e. a rise of 5m in every 100m; the slope should enable you to run in correct running posture.

Never more than once a week. Examples vary with training age: 3 pt. starts .. record times achieved

1. Early stages: 3 x 100-150; w/b (walk back) recovery
2. Intermediate: 2 x 3 x 150; w/b; 5-6 mins. between sets
3. Advanced: 2 x 4 x 150; w/b; 4-5 mins. between sets

Exact distances are not the issue; select a slope, run to a given point .. You choose the point.

Adjust the intensity / distance as you become toughened by the runs .. aim to progress over 2-3 months, not 2-3 sessions. (Sandhills or beach runs are fine, but different = **short** bursts of power, must be carefully supervised and not excessive.)

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## RESISTANCE DRILLS and SAND HILL (Pit) HOPS

Resistance Drills you will need a pair of ankle weights (500gm. or 1kg.) .. rapid velcro release ... Consult the **Drills Revision Sheet** (separate sheet): after a thorough W/U, complete a series of drills in the following manner:

e.g. A-Skip—10L+10R with ankle weight; brief (10 seconds rest) - repeat; then, remove ankle weight (<15 seconds) and complete 10L+10R without the weights.

Consult **Drills for Speed video**: A Speed Drills Session Advanced Junior .. procedure is shown. Always start drill sequence on non-preferred side .. Why?

You select drills, but, for example: A-Skip—Alternating Butt Kicks—Combinations .. 2-4 sets of each.

**Hops:** in sand/jump pit: 2-3 x 6 x R + 6 x L; full recovery between sets .. in sneakers (initially) .. later, can be in bare feet, depending on security of venue.

## Check Out

### Power Circuit Ideas 1 Drills for Speed video

There is an almost unlimited number of activities that can be pursued to enhance your power: Medicine Ball .. Fit (Super) Ball .. Speed Ball .. Bar Circuits .. 20/30 Min. Weight Circuits .. Body Weight Exercise Circuits

*Help is available .. Don't complain help not sought .. is not available.*

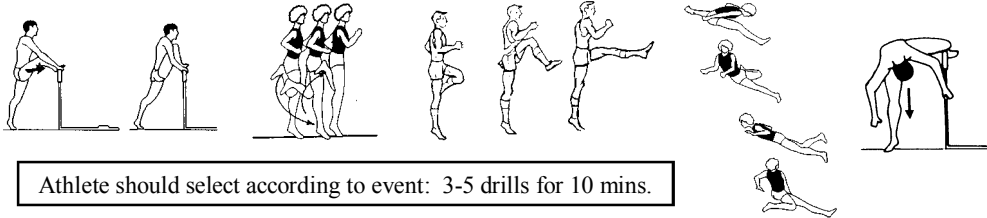
# Power Circuit Ideas 1

**Warm-Up:** Jog &/or Swim / Stretch / Drills

Ideal if session completed at poolside; swimming activities become an option for between activities .. otherwise select from stretches shown and/or event specific stretches. Separate sheets available on stretching,

**Between each activity complete 1-2 stretches or a simple pool activity.**

**1. Drills & Stretches:** this is an extension of the warm-up process, but more specific: examples only



Athlete should select according to event: 3-5 drills for 10 mins.

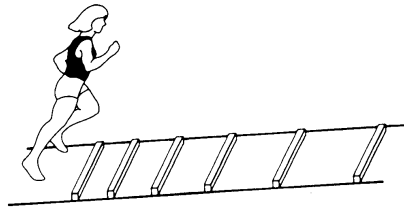
## 2a. Acceleration Ladder

**Stride Length** increases at a regular rate over the first 6-10+ strides. The “**Acceleration Ladder**” or “**Stick Drill**” attempts to establish an acceleration rhythm with consistent stride length increases, and, progressive reduction in “ground time”.

The **aims** are: 1. rapid leg speed,  
2. minimal ground contact time, and  
3. regular stride length progression.

4-6 runs; complete recoveries (2-3 mins.);  
.. sprint off final stick to 10 or 15m.

Be sure to have 2-3 task familiarization run before maximum, timed efforts .. 3 pt. starts .. alternating lead leg may be appropriate for some sports.



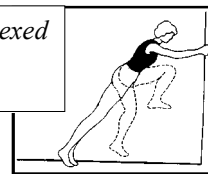
50/15: .50m - 1.15m - 1.95m - 2.90m - 4.00m - 5.25m  
40/10: .40m - .90m - 1.50m - 2.20m - 3.00m - 3.90m

**OR**

## 2b. 3 & 5 Step Wall Sprint

2-4 x 3-Step  
2-4 x 5-Step  
1-2 Minute recovery between Wall Sprints

*High Knees; Toes Dorsiflexed  
Decisive Knee Drive  
Keep your head up*



## 3a. Hurdle Bounds .. (50cm ► 84cm; or, height variations)

Example: 2 x 5H (Pre-Jump) .. lowest height to be attempted;  
to establish rhythm and confidence.  
4 x 5H (Explosive) .. maximum or successive height.  
1 x 5H (Pre-Jump) .. variable heights.  
2 x 5H (Explosive) .. variable heights.  
1 x 5H (Pre-Jump) .. variable heights.

Laterals can be gradually introduced



**Note!** 50-60 contacts max.

## 3b. Double Leg Bounds .. *stick the landing*



Coach commands: 5-6 bounds from bent knee position; explode seeking height, with a double arm swing .. **stick-the-landing**. Wait for next coach command.  
Focus on: Power — explode high — control (stable landing, knees bent).

4 - 6 x 5 sets of double leg bounds .. *stick-the-landing*

**4. Drills** .. Athlete should select according to event: 3-5 drills for 10 mins.

**Warm Down:** Jog / Stretches ... 10-15 mins.



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