



# Speed is the Key

North West Athletics: [www.nwaswimaths.com](http://www.nwaswimaths.com)

Many aspects of these sessions would be appropriate for speed development by horizontal jumpers and pole vault athletes.

200/400m sprinters need modifications consistent with the metabolic demands of these extended sprints.



*If you believe  
you can  
achieve,*

*You are  
probably right*

## Sample Sprint Training Sessions

(Loren Seagrave: *Speed Dynamics*)

The following **sample** training sessions (100m sprinter focus) were offered by US sprint coach Loren Seagrave in the final 18 weeks leading to the 1996 World Junior Championships

All sessions preceded by a through warm-up

Abbreviations identify *Speed Dynamics* video tape support:

*ST 1* = Sprint Training 1; *ST 2* = Sprint Training 2; *DS* = Drills for Speed; *HH1* = High Hurdles 1

Coaches can modify to suit their personal training load goals

**The Language of Coaching?** Be sure you know what each suggestion means; don't just implement .. take the time to learn what is intended .. why? the purpose?

***Every athlete is an experiment of one***

**Session Focus: ACCELERATION DEVELOPMENT**

( > 95%; < 6 sec. Acceleration Effort)

### Session A: Start & Acceleration Training

- 10 x Multi Jumps (Choose 3): Standing LJ; 5 Alternate Speed Bounds; Standing TJ (*ST 2*); R-R-L-L Bounds; 5 Double Leg Hops; 5 Single Leg Hops.
- 10 x Multi Throws (Choose 3): Overhead Backwards (OHB); Between the Legs Forward (BLF); Hammer Hip Throws; Lunge Toss; Lunge Throw; Drop OHB; Drop BLF; Double Hop OHB. (*ST2*)
- 2-3 x 15-20m Falling Start. (*DS*)
- 2-3 x 15-20m Block Start. (*ST 1*)
- 3-5 x 30-40m Block Start.
- 4-6 x 60m Block Start.

### Session B: Start & Acceleration Training

- 10 x Double Leg Start; 10 Speed Bounds for Distance and Time.
- 2-3 Sets of: 3 x 30-40m Tyre Pull. (*ST 2*)  
3 x Acceleration Ladder (Stick Drill) + 20-30m sprint. (*ST 1*)  
3 x Rolling Relay Start (*ST 1*; *DS*)

### Session C: Start & Acceleration Training

- 3 x Triple up Stadium Stairs (max. 10 bounds).
- 3 x Single up Stadium Stairs (max. 20 bounds).
- 3 x Double up Stadium Stairs (max. 10 bounds) ... timed.
- 2-3 Sets of the following: 3 x 15m Hop-Hop-Start, weighted belt or vest. (*ST 1*)  
(*ST 1*, *DS*) 3 x 15m Downhill Start.  
3 x 30m Rolling Relay Start.

### Session D: Start & Acceleration Training

- 5 x 5 Low Hurdle Hops and Sprint 20m.
- 5 x 5 *Crazy Hops* and Sprint 20m (each leg).
- 5 x Speed Bounds.
- 2-3 Sets of the following: 3 x Plyo-accelerations + 20m (each leg).  
3 x 30m Block Start.

Quality is more important than Quantity

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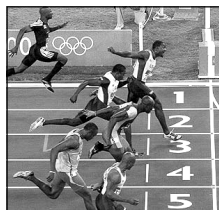
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## Session Focus: MAXIMUM VELOCITY DEVELOPMENT

( > 95%; < 6 sec. same mechanical demand as Acceleration Development)

### Session A: Maximum Velocity Training

1. 3-4 x 30m Straight Leg Bounding (SLB); 2 metre "jog-in" (timed, count). (DS)
2. 3-4 x 30m Straight Leg Bounding + Alternate Fast Leg, 2 metre "jog-in". (HH 1)
3. 3-4 x 30m SLB/AFL + 20m sprint from 2 metre "jog-in".
4. 3-5 x 5 metre "jog-in" + 30-40m "Blast".
5. 3-5 x 20-30m Acceleration + 30m Fly (timed).

### Session B: Maximum Velocity Training

1. 3-4 x 30m Power Bounding. (DS)
2. 3-4 x 30-50m Run-Run-Bounding. (DS)
3. 2-3 Sets of : 3 x Fly-in 30 metres with (light) tyre. (ST 1)  
3 x Assisted Runs with Ultra Speed Pacer .. 30m Fly-in. (ST 2)  
3 x Ins and Outs .. 2 peaks: 15-20m *In* / 15-20m *Out*. (ST 2)

### Session C: Maximum Velocity Training

1. 5-6 x 30m SLB/AFL on a very gradual incline.
2. 2-3 Sets of: 3 x Fly-in + 30m uphill; very gradual hill.  
3 x Fly-in + 30m down very gradual hill.  
3 x Fly-in + 30m max. on the track.

Fly-in = falling  
start acceleration  
over 15-20m

### Session D: Maximum Velocity Training

1. 5-6 x 40-50m SLB tyre pulling (very light tyre).
2. 5-6 x 20m Quick cadence step-over run.
3. 2-3 sets of the following:  
2 x Standing Start: 50-60m; as many steps as possible ("timed" and count).  
2 x Standing Start: 50-60m; as few steps as possible ("timed" and count).  
2 x Standing Start: 50-60m; normal stride / cadence ("timed" and count).

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**No one  
(repeat)  
No one,  
can ever make  
you feel  
inferior**

**Without  
Your  
Consent**

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## **Session Focus: EXTENSIVE TEMPO TRAINING**

( < 80% of date best effort for prescribed distance)

### **Session A: Extensive Tempo Training**

Often the "Big Warm-Up" can be written to serve as an extensive tempo session, especially when it is done continuously.

See attached sheet: Active Dynamic Warm-Up

### **Session B: Extensive Tempo Training**

TB 100m; walk 50m; TB 100m; walk 50m; TB 100m; walk 100m.  
TB 200m; walk 50m; TB 100m; walk 50m; TB 100m; walk 100m.  
TB 100m; walk 50m; TB 200m; walk 50m; TB 100m; walk 100m.  
TB 100m; walk 50m; TB 100m; walk 50m; TB 200m; walk 100m.  
TB 100m; walk 50m; TB 100m; walk 50m; TB 100m; .... warm down.

### **Session C: Extensive Tempo Training**

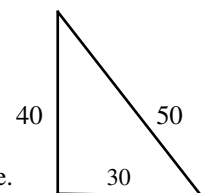
Segment Runs:

- Total Run Distance: (1,000m - 2,500m).
- Segment Run Distance: (100m - 250m).
- Recovery Distance: (1/2 run distance)
- Alternate Shorter and Longer Distances.

### **Session D: Extensive Tempo Training**

Triangle Run: (10 mins., 15 mins., 2 x 10 mins., 2 x 15 mins.)

- Using a 30/40/50 metres triangle.
- Begin 10 Upper Body General Strength Exercises at the 90 degree angle.
- On the 40m side, 20m Shoot Lunge; then, 20m A-Skip.
- On the Hypotenuse, 50m Step-Over Run.
- On the 30m side, Walk back to the start .... and repeat above.



### **Session E: Extensive Tempo Training**

10 - 15 x 150m Technical Build-Up (TB) .. (75-80%); 50m Walk recovery.

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*The way to stay  
No. 1*

*Is to train like  
No. 2*

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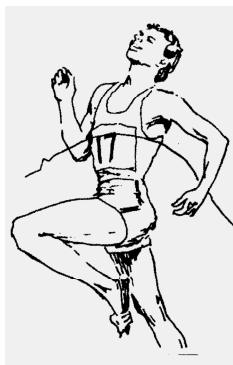
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## **Session Focus: SPEED ENDURANCE**

( > 95%; 6 - 20 seconds)

### **Session A: Speed Endurance**

1. 4 - 8 x 50m Straight Leg Bounding (SLB).
2. Endless Fly-in 75's; Acceleration 20-25m (Fly-in) .. followed by 75m, > 95%.  
Walk back recovery  
Continue until the time falls off by 10%, then one more max. effort.

### **Session B: Speed Endurance**

1. 4 - 8 x 50-60m SLB + Alt. Fast Leg (SLB/AFL) into a step-over sprint for 30m.
2. 3 x Fly-in + 50m (Walk back recovery).  
3 x Fly-in + 70m (Walk back recovery). (10-15 mins. between sets)  
3 x Fly-in + 100m (Walk back recovery).

### **Session C: Speed Endurance**

3 x 120m Block Start with gun (15-20 mins. between); split times at every 30m.

### **Session D: Speed Endurance**

1. 4 - 8 x 50-70m Run-Run-Bound.
2. 3 x 400 "The Hard Way" ... 5 person teams in shuttle relay fashion (40m/leg) until each person has run ten times. (ST 2)

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***Positive Role  
Models***

***are the Key to  
Positive  
Outcomes***

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