

## Clinic Notes

- I. Emphasize pride in tradition. (Posters/Record Boards)
- II. Emphasize making the most of January to May
- III. Rotate technique and conditioning in all events.
- IV. Emphasize sprint phases
  - a. Acceleration
  - b. Max Velocity
  - c. Maintenance (endurance)
- V. Give every workout a focus
  - a. Base or general conditioning
  - b. Start Technique
  - c. Top Speed
  - d. Speed Endurance
- VI. Lifting  
Fitness Center – Free Weights and Machines  
Core Lifts/to high reps – low weights
- VII. Plyometrics
- VIII. Seasonal Stages
  - a. Jan-Feb Base Conditioning(Form)/Speed Endurance/Strength
  - b. March Techniques/Form/Speed Endurance/Strength
  - c. April Hills & Steady State /Technique/Form/Speed Endurance/Strength
  - d. May Max Velocity/Hills & Steady State/Technique/Form/Speed Endurance/Strength