

The Four Year Plan

**THE SLIGHTLY DIFFERENT
HINSDALE STYLE**

- A. A "group of kids " showed potential indoor season.
- B. Two were soccer players. One was a "pure track athlete".
- C. Our soccer team decided to have split teams. The athletes decided to stay with us and only play club in the fall. Yeah!!!!!! Don't discourage soccer kids from trying track.

Talent as Freshman

- A. The freshmen that everyone considered “world beaters” were moved to varsity. They ran at state that year. In retrospect, that may or may not have been the best decision.
- B. One of the freshman that we left down and one that moved up also ran summers for our club team.
- C. Our “star” of the last three years was the athlete who had not moved up. She was MVP 3 years in a row and our workhorse at state.

Freshman Mature at Different Rates

- A. The fourth senior seen on sprint squad actually just came up through the ranks.
- B. We combined these athletes with juniors and produced our winning combinations.

- A. The model we follow is basic, and it allows for progression from year to year as team matures.
- B. Our season is divided into 4 main phases with a 5th transition phase.
- C. Depending on the age of the group, we have generally divided by $\frac{1}{2}$ the number of weeks of the season.

Periodization of our Program

D. The first ½ of the season is Foundation.
We work on things that will build a strong foundation.

1. We work with core strength
2. We work general strength
3. We Do a lot of extensive tempo work
4. We spend 6 weeks doing max velocity work.

Periodization Cont.

We understand that a technically perfect model will produce a faster time.

Therefore, we drill endlessly to create that model.

- A. Jump Rope Drills
- B. Modified Bosch Drills
- C. Emphasis on head and eyes
- D. Emphasis on Competitive Language

Foundation Drills

Competition

We call our next phase Competition. Our training focus shifts.

A. General Competition

1. Focus on Acceleration work
2. Max Strength
3. Core
4. Starts / Race Modeling
5. Intensive Tempo Work
6. Speed Endurance

B. Specific Competition

1. Race Modeling
2. Special Endurance
3. Speed Endurance
4. Weights
5. Mental Preparation

Competition Continued

- A. We ride the same ship from year to year.
- B. That's not to say we do the same workouts year to year, but we do use the same training philosophy.
- C. We move intensity and volume to increased starting heights at the beginning of each year, depending on the age of the athletes. We don't go in for gimmicks. **WE HAVE FUN. We don't die WE MULTIPLY**

How We Vary Things Year to Year

- We begin the school year in the fall for all of our athletes with General Body strength. (3 to 6 weeks)
- Our philosophy is to not use any accessory weights until we can accomplish general strength through body weight.
- Examples:
 - Pushups- full range of motion 3-12 range
 - Prisoner Squats 3-12 proper technique
 - Calf raises 3-12, two feet advance to one foot
 - Lunges Walking with a high knee walk over
 - Burpees
 - Rocket jumps

Weight's Cycle to Cycle

- Core strength is a big component. We probably spend 75% of our time in the fall doing core strength.
- We start off with 10 reps in all abs working both the front and side oblique's.
- Mix up front and side oblique's with each set of ten.
- Pedestal training for core strength 1x5 on each exercise. Stress good mechanics not how many reps that they can accomplish. As the athletes get stronger increase reps.
- With ABS and core strength sets of ten each exercise eventually working up to two sets of 20 each exercise.
- Strength training in the weight room

Weights Continued

- General strength carries over to the weight room.
- Start with light weights, sets of 3 8-12 reps, and good form with full range of motion.
- Begin this phase 3-4 weeks before the season starts, depending on the caliber and strength of our athletes.
- Focus on muscle groups.

Weights

- Sample workouts would include:
- Day 1: Bench press 3x10, Lat pull downs, over head military press, and Swiss ball crunches
- Day 2: Body squats with a med ball 3x10, Bosu ball flipped over for squats, Swiss ball against wall, single leg calf raises each leg , hamstring curls 3x10 each leg (Swiss ball can be used for hamstrings)
- Wednesdays are core and ab work, only

Weights

- SPECIFIC STRENGTH TRAINING
- Increase weight and concentrate on getting stronger
- Decrease reps to 3x6 or 4x6
- Switch to Olympic type lifts during this phase:
 - Hang cleans, push press, Glute-ham raises, dead lifts with a dead lift bar for the girls, lunges with one foot on bench, pull ups with bench bar (remove bench)
- 1 ARM DUMBBELL EXTENSIONS

Weights

- Explosive Phase
- Concentrate on fast lifts with lighter weights.
- Concentrate on being explosive: med ball tosses coming out of a squat, bench 3x4 fast exploding from the bottom, explosive dumbbell calf raises, push press 3X3, Glute-ham raises with med ball toss, med ball toss from back of heels to front while lying on the stomach, rapid Lat pull downs, dumbbell sprints.

Weights