

HOW TO GET FASTER THIS OFFSEASON

Three Simple Steps to Help You Not Overthink Sprinting

1. **STEP ONE: SPRINT AT MAX SPEED 1-2 DAYS A WEEK.**

This one is simple. Set a distance of 10-30m. Give yourself an acceleration period so you're at max speed when you hit the zone. Hold max speed all the way through the zone. Rest—rest longer than you think you need—then repeat. Keep total meter volume below 100m. So, for example:

6x10m

4x20

3x30m

Remember to take plenty of rest in between. You're not waiting for *aerobic* recovery (heavy breathing), but *central nervous system* and *anaerobic* recovery. Basically, wait around until you feel you could do your next one just as fast, if not faster, than your first.

The reason? Shockingly enough, *sprinting makes you faster at sprinting*. Sprinting at max speed requires immense speed strength, maximal demands on the nervous system, proper mechanics and sequencing of muscle firing, and more. It is *the single most productive thing you can do to be a faster sprinter*.

2. **STEP TWO: JUMP AROUND 1-2 DAYS A WEEK.**

Find a soft surface—the turf on the infield is great, but any grass patch is fine, as long as the ground is even—and jump. Bounce, hop, skip, jump over things, jump for distance, jump for heights. Do bounds, do explosive two-legged jumps, do single legged jump, do small bunny hops. Anything. Jump around. Jump work helps improve speed strength, trains and improve the explosiveness and power required in acceleration, decreases rates of injury, sharpens your central nervous system, trains muscle sequencing and proper mechanics, and improves the body's ability to absorb and apply force.

If you want a list of specific jumps to do, talk to Mr. Klein. But jump around.

3. **STEP THREE: GET STRONG.**

Lift weights, do strength training circuits, do something. But build power and explosiveness intentionally. Block starts, for example, are impossible to do effectively unless you are strong enough to manage the directional force being applied. Maintaining proper mechanics at max speed is impossible without the strength to support your trunk and core. Sprinting and jumping *does* build this strength, and builds it well, but intentionally doing strength work will accelerate that process. Resources for both sprint lifting and general strength circuits can be found on the team website, www.scsaintstrack.com.

Don't overthink it. Run fast, jump around, get strong. If you do the minimum here, that's 2 days a week of simple stuff, workouts which should take no longer than an hour ever. But the benefits are **HUGE**.

Think this is too simple to be true? Think it needs to be more complicated than this? TRY IT. See what happens. You will be faster, stronger, and healthier than before.

If you want more specific instructions for training or specific tips for exercises, talk to Mr. Klein (eklein@schs.k12.mn.us).