Developing Speed

By Joseph Van Gilder, M.Ed, Pn1
Southern CT State University
Background

- First time competing in Track and Field - 1996
- SCSU – Student-Athlete - 2001-2004
- Naugatuck HS – Assistant Coach – 2005
- Fermi/Enfield HS – Head Coach – 2006
- Springfield College – GA – Fall 2007 – Spring 2010
- University of Hartford – Assistant Coach/Associate Head Coach – Fall 2010 – Spring 2012
- Southern CT State University – Assistant Coach – Fall 2012 – Present.
Factors of Coaching

- Adaptation
- Creativity
- Keeping It Simple
- Evaluating Daily/Weekly/Monthly/Yearly
- Trust the Process
- “Can’t Never Did Nothing”
Factors Leading to Speed

- 1. Acceleration
- 2. Foot Position
- 3. Alignment of Body
- 4. Vertical Forces
- 5. Strength
- 6. Ground Contact Time
Developing Acceleration

- Wall Acceleration Drills
- Sled Pulls or Harness Pulls
- 40 meter Acceleration Drill
- Hills
- 10m, 20m, 30m Accelerations
- Crouch, 3pt, Block Starts
- Relay Exchanges
Acceleration Cues

- Big Split
- Push-Push-Push
- Low Heel Recovery – Toe Drag
- Toes Up
How to Set up the Starting Blocks

- 2 feet and a Fist to Front Pedal
- 3 feet to Back Pedal

Angles
- Front Block 30-45 degrees
- Back Block 45-60 degrees

Hand Placement
Race Modeling

- 0 meters – Reaction
- At 10 meters – Push Back – RE-Acceleration
- 25 - 30 meters – Transition
- 30 – 60/70 meters – Sprinting Mechanics
- Final 20-40 meters – Maintenance
Developing Posture

- Marching
- Wall Drills
- “A” Runs
- Wickets
- Core Work
Maximal Speed

- Fly 10’s, 20’s, 30’s
- 60 to 90 meter Sprints
- Proper Technique
  - Wickets
  - A’ Runs
**Weekly Set up**

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<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Off</td>
<td>Neural</td>
<td>General</td>
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## Weekly Set up

<table>
<thead>
<tr>
<th>Sunday</th>
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<tbody>
<tr>
<td>- Off</td>
<td>- ACC</td>
<td>- Circuits</td>
<td>- Special Endurance</td>
<td>Recovery Day -</td>
<td>- ACC</td>
<td>Tempo Race</td>
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<td>- Max Speed</td>
<td>- Mobility</td>
<td>- Lift</td>
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Sample Monday

- Warm-up
- Ladder Drills
- Wall Accelerations
- 40 meter Acceleration Drill
- 2 x 4 x 60 meters (Wickets)
  - 2 minutes Rest between reps
  - 5 minutes Rest between sets
- Plyometrics
  - SLJ, Double Hops, STJ x 5

Weight Room
- A. Hang Cleans– 6 x 3
- A. Clam Shells – 3 x 8
- B. TrapBar Deadlift – 6 x 4
- B. Seated Box Jumps – 3 x 4
- B. Pull-up – 4 x 10
- C. Glute-Ham Raises– 4 x 8
- C. Plated Sit-ups – 4 x 20
- C. Band Triceps – 4 x 15
- D. Hip Flexor Holds
  - 4 x 10 seconds
- D. Hammer Curls – 4 x 12
Sample Tuesday

- Warm-up

- General Strength Circuit
  - 30 seconds on/15 seconds off
  - 10 Exercise x 2 sets
    - Push-ups
    - Squats
    - Crunch Sit Ups
    - Line Hops F/B
    - Toe Touches
    - Superman
    - L Overs
    - Line Hops Side to side
    - Hip Bridges
    - Bicycles

- Med Ball Circuit
  - 30 seconds on/15 seconds off
  - 6 Exercise x 2 sets
    - Right Leg Chest pass
    - Left Leg Chest pass
    - Right Side Swing Pass
    - Left side Swing Pass
    - Right Leg Overhead Pass
    - Left Leg Overhead Pass

- Hurdle Mobility (8) – 2x each
  - Left Leg Over
  - Right Leg Over
  - Alternate
  - Bent Leg Can-Can
  - Straight Leg Can-Can
  - Over-Unders
Sample Wednesday

- Week 1 – Hills – 6 x 200m – 5 minutes Rest
- Week 2 – Hills – 6 x 200m – 6 minutes Rest
- Week 3 – Hills – 2 x 250m, 2 x 200m, 2 x 150m – 5 minutes rest
- Week 4 – Hills – 2 x 250m, 2 x 200m, 2 x 150m – 6 minutes rest
- Week 5 – Hills – 250, 220, 200, 180, 2 x 150 – 5 minutes Rest
- Week 6 – Hills – 250, 220, 200, 180, 2 x 150 – 6 minutes Rest
Sample Wednesday

- Week 7 – Track – 250, 220, 200, 180, 2 x 150 – 6 minutes Rest
- Week 8 – Track – 250, 220, 200, 180, 2 x 150 – 8 minutes Rest
- Week 9 – Track – 250, 220, 200, 180, 150 – 10 minutes Rest
- Week 10 – Track – 250, 220, 180, 150 – 12 minutes Rest
- Week 11 – Track – 220, 180, 150 – 15 minutes Rest
- Week 12 – Track – 250, 150 – 15 - 20 minutes Rest
Sample Wednesday

Weight Room

A. Step-Ups– 5 x 5
A. TKE– 3 x 8
B. Bench– 5 x 6
B. MB Chest Pass– 3 x 8
B. DB RDL’s– 5 x 8
C. Standing DB Press– 4 x 8
C. Band Crunches– 4 x 25
C. KB Swings– 4 x 15
D. Hip Flexor Holds
  4 x 10 seconds
D. Mountain Climbers– 4 x 20
Sample Thursday

○ 15-20 minute jog/Bike

○ Restoration Circuit 20m x 2
  ○ Left Side lunge walks in squat position
  ○ Right Side lunge walks in squat position
  ○ Forward lunge walks in squat position
  ○ Backwards lunge walks in squat position
  ○ Inchworms
  ○ Backbend push-ups

○ Band Flossing 5-10 each exercise
  ○ Hip Flexors front and back
  ○ Glute
  ○ Hamstring
  ○ Ankle

○ El Doa
  ○ Hamstring
  ○ Groin
  ○ Glute

○ Smash Ball
  ○ 5 minutes

○ Ice bath
  ○ 10 minutes
Sample Friday

- Warm-up
- Wall Acceleration
- 40 meter Acceleration Drill
- Relay Exchanges
- Sled Pulls 30 meters x 3-6
- 4x10, 4x20, 4x30
Sample Friday

Weight Room

- A. Power Snatch– 6 x 4
- A. Band Walks– 3 x 10
- B. Back Squat– 6 x 5
- B. Squat Jumps– 3 x 5
- B. DB Rack Row– 4 x 10
- C. DB Split Squat– 4 x 8
- C. Planks– 4 x 30 Seconds
- C. DB Incline Bench– 4 x 10
- D. Hip Flexor Holds
  - 4 x 10 seconds
- D. Mountain Climbers– 4 x 20
Sample Saturday

Race Model Runs – Breathing Exercise - 15/5
- Week 1 – 8 x 100 meters – 1 minute Rest
- Week 2 – 10 x 100 meters – 1 minute Rest
- Week 3 – 12 x 100 meters – 1 minute Rest
- Week 4 – 8 x 120 meters – 2 minutes Rest
- Week 5 – 8 x 120 meters – 2 minutes Rest
- Week 6 – 8 x 140 meters – 3 minutes Rest
- Week 7 – 8 x 140 meters – 3 minutes Rest
- Week 8 – 8 x 160 meters – 4 minutes Rest
- Week 9 – 8 x 160 meters – 4 minutes Rest
- Week 10 – 6 x 180 meters – 5 minutes Rest
- Week 11 – 6 x 180 meters – 5 minutes Rest
Education

- Clinics
- Coaching Certification
- Books
- Networking
Final Thoughts

- Keep It Fun
- Remember – “Can’t Never Did Nothing!”
Acknowledgements

- High School Coach – Dan O’Connell
- College Coaches – Wilton Wright and Jack Maloney
- My follow colleagues at SCSU
- All the Athletes I have coached
- Boo Schexnayder
- All the USTFCCCA Level 2 and 3 teachers
Questions
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