



# 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Off	Neural	General	Neural	General	Neural	Neural/ General

# Weekly Set up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Off	-ACC -Max Speed -Plyos -Lift	-Circuits -Mobility	-Special Endurance -Lift	Recovery Day - Mobility/ Restoration Circuits	-ACC -Plyos -Lift	Tempo Race Model Runs

# 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 USTFCCA Level 2 and 3 teachers



# Questions

?

# Contact Info

- Email: [vangilderj1@southernct.edu](mailto:vangilderj1@southernct.edu)