

Feed the Cats Cheat Sheet

“Sprint training is simple. Run fast to get fast. Train with intensity for short duration. You don’t get fast by running slow. Never run slow. Train anaerobically. Rest and recover long enough to run fast. Never run tired. Never sprint train when your body is incapable of top-speed running. When you finish your short workout, eat well and take a nap. Rest and recover the next day, then repeat.”

“The combination of rest, sleep, hydration, and nutrition is more important to a sprinter than any workout.”

- Make Max Speed Your Priority
 - Sprinting is the foundation of sprinting
 - Sprint 2-3 times a week
 - Mechanics and sprinting are the priority (jumping is 3rd priority)
 - If you go in too many directions, you’ll go nowhere
 - You don’t plan beans to grow corn
 - John Wooden’s 8 laws of learning
 - explain, demonstrate, imitate, repeat, repeat, repeat, repeat, repeat
- Prioritize Rest
 - You cannot sprint train when you are tired
 - Always take a day off after a meet or lactate workout
 - 3 types of workouts - sprint, lactate, and x-factor
 - Never sprint more than 200 at a time
 - Lactate usually totals 600 (800 max)
 - Time fly’s of 10, 20, and 30 yards
 - Time fly’s of 20, 30, 35, and 40 meters
 - Record, rank and publish
 - Practice should never lasts more than 40 minutes
 - Types of lactate workouts
 - 23 second drill (target the 200), 4x400 predictor (450 and 600), Freelap 500, Critical Zone 800
- We are good at what we like but we are obsessed with what we love
 - This is the best part of your day!
- Promote your program with unrestrained enthusiasm
 - Travel, get great uniforms, make photoshop posters... make it hype!
- Record, Rank, and Publish
 - Feed the competitive nature of your cats

- Never Force Feed
 - Allow athletes to build their own house
 - Coach like a gardner - facilitate growth

- Never Grind
 - Never train tired, sore, sick, injured or depressed athletes
 - Over-training athletes is like burning a steak, you can't undo that damage
 - If a big workout destroys the rest of the week, what have you accomplished?
 - Accept the small wins
 - Never let today ruin tomorrow (if you do then rest)
 - reflexiveperformance.com

- Speed is neurological, not muscular

- Hormesis is your guiding light
 - For every substance, small doses stimulate, moderate doses inhibit, large doses kill

- The 10 meter fly is the holy grail of sprinting
 - You need timing system to time max velocity
 - Sprint mechanics - everyday
 - Max speed sprinting - 2 to 3 times per week
 - Jumping
 - Train alactic all year
 - Some lactate training during season
 - No aerobic running - Cats don't jog

- Sprint Workouts
 - Speed drills with intensity and purpose (5-7 seconds) Arm action and posture (10-12 drills)
 - Speed march
 - Skips
 - High knees
 - High knee butt kicks
 - Box jumps (5 imaginary boxes; jump as high as you can)
 - Bounding high and far
 - Prime times x 2
 - Butt kick and reach x 2
 - Split and rip
 - Time sprints

- Max Speed Training "**Have fun and chase PR's**" - Record, Rank, and Publish - **Red** indicates lactate workout

- 40yd dash with a timed 10m fly at the end
 - 40yd dash with a timed 10m fly at the end - Gauntlet
 - 15yd acceleration into a 10yd fly (blocks or 3pt)
 - 20yd fly
 - 20yd competition fly (2 athletes) with full run in
 - 10m acceleration with a 20m fly (exchange zone, upright or 3pt start like a relay)
 - 30yd fly
 - 30m from blocks
 - 40yd fly
 - 40yd from 3 pt - connect with football
 - 8 x 40 fly (8 minute workout) [should this be lactate?]
 - 15yd block start into a 10m fly - track specific - video sprinter
 - 25yd block start into a 10m fly - track specific - video sprinter
 - Forward & Backward Chasers - 40yd “chasers” ... three guys per race, middle guy takes off ... no “go” call ... no flinching ... the loser of the three becomes the middle-man in the next chaser. The middle man has the advantage because the other two guys must react to his start. If the middle guy loses, he gets a one step head start for the next chaser. Then do 5x butt kick and reach for 25-30m. Finish with forward chasers - 5x15-20m - drive phase only
 - 20x100yd on the infield - run 100yd in 14-15s then get the remaining minute for recovery.
 - 23 second drill - 2x23 seconds with 8 min recovery. Goal is the 200m. 2nd run goal is to be within 5 meters of the first
 - 3x200 with walk back recovery. Find the sum of all 3, multiply by 0.67 and + 2.
 - Hill 4x400 predictor - find a hill 80-120m long and mark a start and finish, full sprint up the hill, walk down. Run five hills. To make the times meaningful, use the equation (total hill time of best 400 guy) x (?) = (400m time of best 400 guy). Example: Alex Ruscitti runs about 51.0 in the 400. I added his five hills (58.1) and divided by his best time (51.0) and got an answer of 1.14. Therefore I divided each guy’s total hill time by 1.14 to find each guy’s 400 prediction.
 - 400 Predictor (freelap 500) - 5 x 100 fly - with the wind at your back and with walk back recovery (2 minutes) - find average 100 time
 - Critical Zone Workout - 2 broken 300’s with 8 minute rest at 400 goal pace. Example: 200 with run-in start, 45s rest, 100, 8 min rest, 2x150 with 45s rest. This is done late season and is meant for your 400m runner.
- X Factor - no spikes no times - pick 3 or 4 for a day - these days are meant to prepare you for a great day the next day - plyometric in nature
 - Wickets - 6’ between wickets 6” wickets or slats of wood
 - Full arms
 - Hands to the sky
 - Airplane
 - Hugs

- Pistols
 - Raise the roof
 - Full arms
- Cat Jumps
 - Cat jump
 - 180 cat jump
 - 360 cat jump
- Depth Jumps
- Bosch Drills
 - Extend off the big toe, get tall, drive through the knee
- Toe Pops (5-10)
 - Jump with the ankles, work on ankle stiffness, work on ankle explosion
 - For height, for distance
- Booms, boom-booms, and boom-boom-booms - good posture and good balance
 - Progression - Booms with pipe
 - Progression - 45 degree booms against a wall
 - Progression - Booms at squat rack with rubber bands
- Assisted Plyos - minimize ground contact times
 - Linear, slalom, 3-person so you can do split leg or single leg
- Lunges - rocket lunge, lunge pop-ups, long lunge, backwards lunge
- Bound & Stick - explosion, stick landing and absorb force, land on one foot
- Wall Swings - sprint version
- Jump Rope
- Core routines - pipe drills - stable core while body moves
- Hurdle drills
- Russian lunges - bounce in lunge position 3x's then explode into the air landing in new lunge position

Energy Systems

- You have enough stored ATP for 5 to 10 seconds of sprinting
- After that, for up to 90 seconds, energy is derived from glycolysis (anaerobic and lactate is produced).
- When glycolysis shuts down, acidosis occurs. Acidosis will cause blurred vision, dizziness, and nausea. Many runners lose their lunch when doing lactate training. Puking is a response to acidosis.
- Training in the lactate zone will:
 - Increase the **rate of lactate clearance**
 - Increase the body's **lactate tolerance**
- The cumulative effect of two lactate workouts every week for 10-20 weeks will result in sprinters learning to sprint 400 meters ... or run multiple races at top speed. Banged-up depressed sprinters are never successful. Less is more.