

Planning for Success

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Track & Field competition occurs in an information-rich, dynamic environment that requires complex coordination patterns to produce optimum performance



At the end of the journey insure all physical limitations are eradicated and the athlete is ready technically, tactically, physically and psychologically to compete to win.

The Body Is Self Organizing!



Body is a Dynamic System

The coach is the facilitator instead of the informant

The coach identifies & manipulates key constraints to guide the athlete's search for optimal movement solutions

Respect the Wisdom of the Body

Self organizing dynamic
organic system

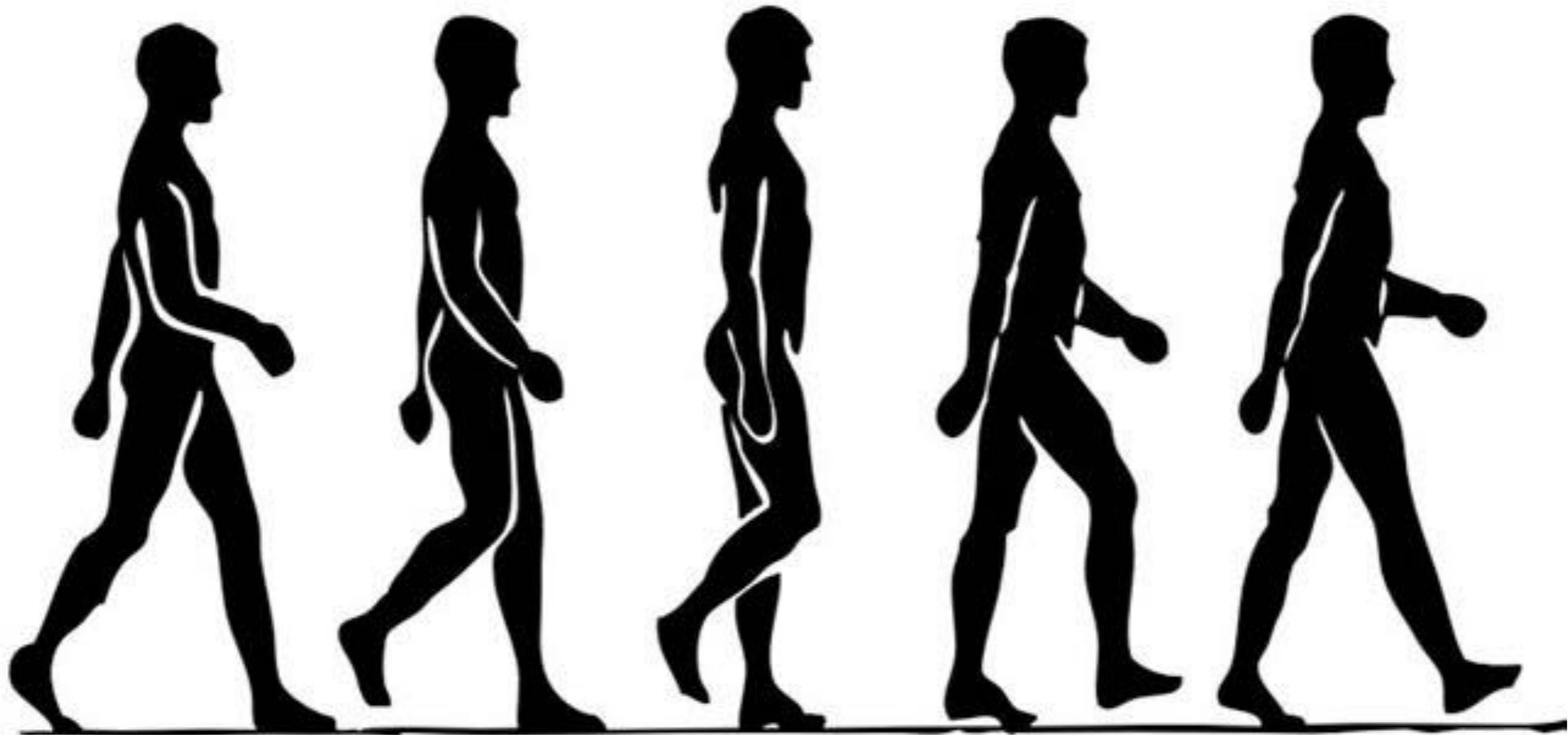
Every body is different
Know & respect the
difference!



Thoroughly Understand the Spectrum Demands of Your Event

Know your event - No assumptions!

It all starts here



**Forget Muscle Activation & Individual
Muscle Firing**

**Instead Think
Coordination & Muscle Synergies**

Shapes/Postures

What shapes do you need and what shapes can you make?

Must Reconcile the Two

Ask yourself - Is what you are doing?

Linking


Connecting

Coordinating

Strength Training for Track & Field

Coordination training with appropriate resistance



A photograph of a construction site showing a large area of rebar grid laid out on a concrete slab. Several workers in hard hats and safety gear are visible, some standing and others working. The background shows a building under construction with scaffolding and other structural elements.

Always start with a strong foundation

Physical Literacy

Physical Literacy



The ability to express levels of force production, force reduction and stabilization in general movement – Walking, Running, Lunging, Bending, Pushing, Pulling, Climbing, Rotating, Reaching, and Bracing

Physical Literacy



Physical Competence



Specific Sport Skill/Technique



Sport Performance

Injury Prevention

Fundamental Movement Skills Before Specific Sport Skills



Athleticism

The ability to perform athletic movements (run, jump & throw) at optimum speed, with precision, style and grace within the context of your sport

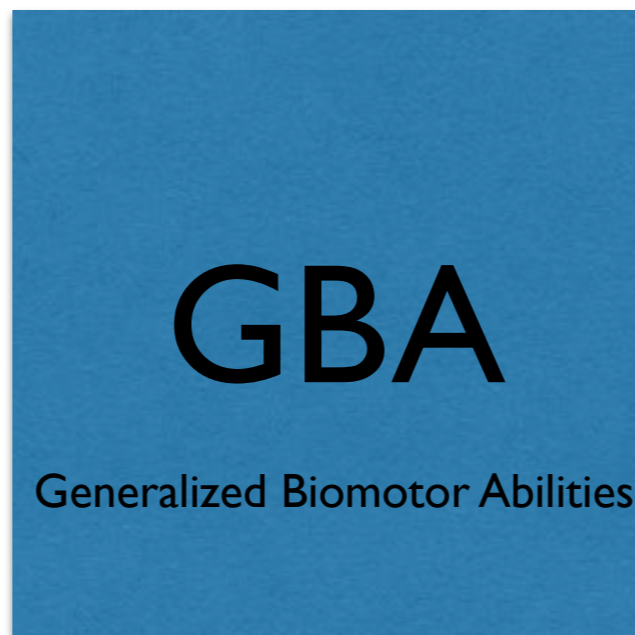
Physical Literacy

(Movement Vocabulary)









Progression

Stable Predictable >>> *Unstable/Chaotic*

Give the athlete increasingly complex movement problems to solve

Develop Two C's

Competence

Confidence

Be ready on the
day!



Next Year

Next Month

Next Week

Tomorrow

Today

Window of Adaptation

Developing Athlete



Elite Athlete





Volume Loading - Always a Precarious

Context is King

A photograph of a man in a white t-shirt and dark overalls performing a squat in a gym. He is wearing white knee wraps and white sneakers. A spotter in a white t-shirt is standing behind him, assisting with the lift. The gym equipment, including a squat rack and weights, is visible in the background.

Relevant & Appropriate

Specificity and Transfer

Know the basics

Master the basics

Don't deviate from
basics

Understand & Apply Progression

Learn how to dial up or dial down based on the athletes level of trainability



Progression

Fitting pieces together

Basic Conditioning

The development of the global motor qualities in a systematic manner

Basic Technical Model

Teach and master the basic techniques of the sport

Specific Advanced Conditioning

Advanced training methods designed to meet the individual athlete's needs

Advanced Technical Model

Refine the basic technical model and build upon it to improve the repertoire of the athlete's technical skills

Earn the right to progress

Frank Dick

Accumulation



Day to Day

Week to Week

Month to Month

Year to Year

Individual Response

Fast & Slow Adapters

Responders & Non Responder

Stamina

Speed

Strength

Skill

Suppleness

No physical capacity exists in isolation
- Synergistic Relationships -

Stamina

Speed

Strength

Skill

Suppleness

All Components of Training MUST
Be Trained At All Times

Training Session Unity/Synergy

A → B → C = One Workout

No workout/session stands alone, everything is connected

Each workout is superimposed on effects of
previous workload

Training sessions must mesh, not clash

“24 Hour Athlete”



Coach the person, not the athlete!



GAIN
*master
class
series*



GAIN
cast

with VERN GAMBETTA

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