



Ways to Construct and Coach Relays

Angela Williams

Collegiate Relays

Distance Medley (Indoor Only)
4x100 Meter Relay
4x400 Meter Relay

High School Relays

4x100 Meter Relay
4x200 Meter Relay
4x400 Meter Relay

1. Identify relay personnel from all individual events.
2. Recognize the mental state of each individual and the leg you have in mind for that individual to run.
3. Evaluate the ability of each individual to pass and take the stick, especially in the 4x100 meter relay's right-left, left-right, right-left pattern.
4. Consider the speed of each individual. Make sure the individual taking the stick can adapt to the individual bringing the stick in to keep the baton moving fluidly.
5. If you only have one solid athlete, do not put that individual on anchor leg all the time. Evaluate the competition in your area and place that athlete on the best leg that will keep the team in the competition.
6. Always involve alternates in every training session of relay work.
7. Begin relay work at the beginning of the season. Incorporate passing the baton in the warm-up while athletes are jogging.
8. Have all relay work except for the 4x100 meter relay use the 4x400 meter relay hand off style facing the incoming athlete.
9. Start 4x100 meter relay steps at 16-18 for 2nd, 3rd, & 4th leg. Have athletes work the zone with the incoming athlete starting at 30 meters out to get a true indication of speed. Move the steps by 2 if the incoming runner runs up on the out-going runner. If the incoming runner cannot get the stick to the out-going runner with 16-18 steps, re-evaluate your order.
10. Work each zone 3-4 times per leg 1-2 days per week.
11. Once you have identified the correct order, transition to shadow/rhythm passes full speed. 1st-2nd, 3rd-4th together. 2nd -3rd separately, 3-4 reps 3 times per week. Assess your legs through this process for any possible changes.

12. Finally, simulate a full race by incorporating the 4x60 meter relay weekly at full speed. This workout will keep the athletes from decelerating when trying to complete a full 4x100 at practice.
13. For all other relays, incorporate handoffs during regular workouts that teaches athletes how to take the incoming runner out. For example, 200's relay style. Sprinters =8 (32 seconds each one, Q-milers = 10 (34 seconds each), 800 & up runners = 12 (34-36 seconds). Fall workout or early spring workout for high school athletes.

Discussion, Questions, & Answers