

Critical Mass System



Which Bruce Lee are you?

"Don't get set into one form, adapt it and build your own, and let it grow, be like water. Empty your mind, be formless, shapeless – like water.

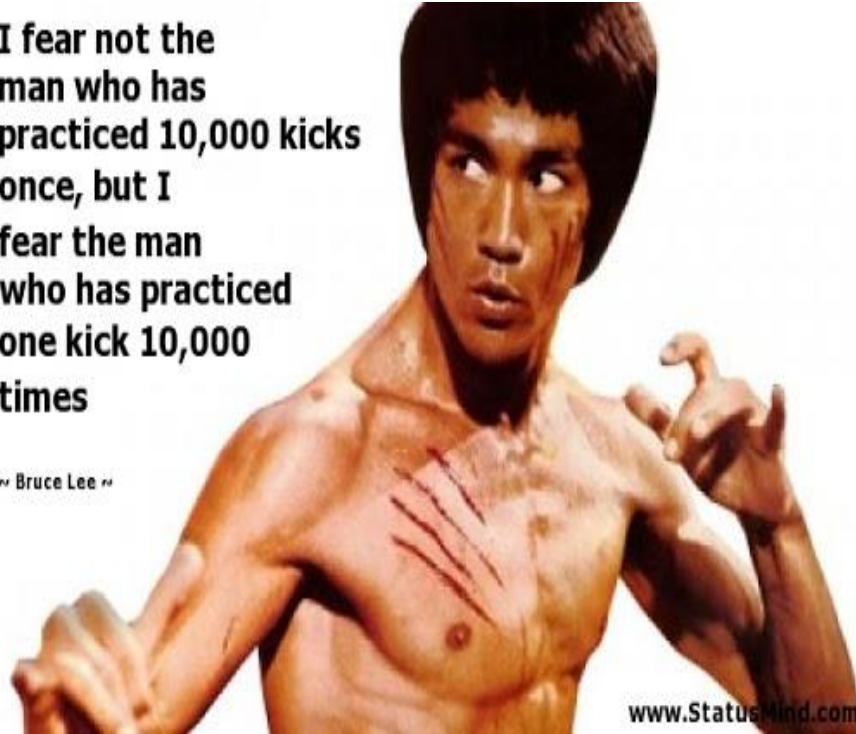
Now you put water in a cup, it becomes the cup; You put water into a bottle it becomes the bottle; You put it in a teapot it becomes the teapot. Now water can flow or it can crash. Be water, my friend."

-Bruce Lee



I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times

~ Bruce Lee ~



www.StatusMind.com

Tale of the Tape

Plainfield North: 2322 pop

Established: 2005 Mascot (Tigers)

Tony Coaches: Boys

Indoor Track: developed winter season w/Fast Times State Meet

Summer Track: discouraged

Lactic Education: From Meets and 9 sessions.

State Qualifying: Mix of regional and auto qualifying

State Meet Consideration: 200m before 4x400. Prelims in every event except 3200. Single Gender

Parkway Central: 1260 pop

Established: 1954 Mascot (Colts)

Ryan Coaches: Girls

Indoor Track: no official season

Summer Track: Yes with lots of interference

Lactic Education: Target 1xwk plus 1xmeet Wk

State Qualifying: Regional only. Top four districts and sectionals.

State Meet Consideration: Two Days and coed. Para-Games as well. No prelims for distances races only.

What the system is not

NOT: only for 400m

NOT: Neglecting speed

NOT: Highly aerobic training (no mileage!!!)

NOT: Dependent on long interval training (ex: 4x600m)

NOT: Loading up on volume (ex: 14x200m)



Hot Takes

There are very FEW truths

TEMPO is not a bad word

Static Stretching is not EVIL

Athlete's ABILITY drives planning

Athletes must THRIVE in a back to back

You must SLOW cook the meat

No need to NERF work to keep kids happy

Longer Intervals don't KILL speed.

“ANYTIME
YOU HAVE
AN ABSOLUTE
YOU'RE
ABSOLUTELY
WRONG”

Ryan Banta

Episode 146

The CVASPS Podcast



Acceleration, Maximum Velocity, Speed Endurance, Special Endurance, Plyometrics, Weight Room, and Work Capacity

1 Parkway Central High School (MO)

1) Kayelyn Tate	12.10	9
2) Nakira Gage	12.38	24
3) Eliana Liebman	12.78	57
4) Ogechi Okpara	12.97	96
5) Nnenna Okpara	13.14	147
Average Time: 12.67	Total Time: 1:03.37	1-5 Split: 1.04
6) Kennedy Moore	13.15	153
7) Sapphire Thedford	13.66	364

2 Trinity Catholic High School (MO)

1) Leah Thames	12.38	26
2) Akilah Heffner	12.41	27
3) Dayna Reid	12.79	58
4) Deayvion Smith	12.86	71
5) Shaila Jones	13.22	173
Average Time: 12.73	Total Time: 1:03.66	1-5 Split: 0.84
6) Safiyah Reed	13.33	207
7) Marnae Swift	13.63	346

3 McCluer North High School (MO)

1) Lauryn Taylor	11.74	5
2) Sherriona Underwood	12.71	49
3) Kyra Perry	12.79	59
4) Destiny Griffin	13.04	120
5) Aaliyah Buford	13.17	162
Average Time: 12.69	Total Time: 1:03.45	1-5 Split: 1.43
6) Mauriyoni Tate	13.31	201
7) Jahniese Thomas	13.52	284

**333**

9
24
57
96
147

355

26
27
58
71
173

395

5
49
59
120
162

Parkway Central High School (MO)

1) Eliana Liebman	58.39	9
2) Nnenna Okpara	58.78	17
3) Kayelyn Tate	1:00.29	33
4) J'nyah Elbert	1:03.81	148
5) Amari Hurn	1:03.94	153
Average Time: 1:01.04	Total Time: 5:05.21	1-5 Split: 5.55
6) Nakira Gage	1:04.74	206
7) Ogechi Okpara	1:05.15	229

Unattached (Club) (MO)

1) Grace Lueders	58.60	14
2) Eve Shelton	1:00.43	38
3) Madison O'neill-herron	1:00.78	46
4) Sydney Suggs	1:00.85	47
5) Elle Williams	1:06.71	344
Average Time: 1:01.47	Total Time: 5:07.37	1-5 Split: 8.11
6) Chloe Davis	1:08.00	454

Lee's Summit West High School (MO)

1) Madison Hulsey	58.50	11
2) Hailey Hardin	1:01.59	67
3) Abby Cato	1:01.89	78
4) Whitney Farrington	1:04.35	181
5) Aniyah Fisher	1:04.98	217
Average Time: 1:02.26	Total Time: 5:11.31	1-5 Split: 6.48
6) Camryn Dorch-richardson	1:06.23	306
7) Sidney Cole	1:06.25	308

Lee's Summit High School (MO)

1) Makayia Clark	58.66	15
2) Omara Love	1:01.20	59
3) Kyaira Boughton	1:02.37	91
4) Abbey Wallace	1:03.94	154
5) Kellie Helmick	1:06.04	290
Average Time: 1:02.44	Total Time: 5:12.21	1-5 Split: 7.38
6) Mya Moore	1:06.54	336
7) Lauren Macko	1:07.06	372

360**489****554****609**

Records: Then vs. Now

100m 12.06 to 11.84

200m 25.30 to 24.44

400m 1:00.1 to 56.92

800m 2:17.48 to 2:13.66

1600m 5:07.4 to 4:49.18

3200m 11:26.2 to 10:17.00

300LH 45.18 to 44.95

4x100 48.79 to 47.96

4x200 1:44.04 to 1:40.79

4x400 3:57.64 to 3:54.80

4x800 9:42.84 to 9:06.89

Long Jump 17-11 to 18-6

Triple Jump 35-6.5 to 38-8.75

Shot Put 37-6.5 to 40-9.75

Discus 117-6 to 123-7

Pole Vault 7-6 to 10-0

State Top Five Finishes Before 0 Now 5

District Titles Before 0 Now 5 & 6 runner up

Conference Titles Before 0 Now 5 straight



100m Longitudinal from Banta, Burris & Buckvar

Raequel Jacobs 11.84

Suzette Gills 11.79

Chucky McGee 10.24

Dena Lewis 11.93

Montenae Spright Roye 11.94

Justin Robinson 10.31

Kayelyn Tate 12.10

Kimberly Prather 11.99

Fred Taylor 10.60

Nakira Gage 12.38

Dawana Cooper 12.20

Jehu Chesson 10.70

Imani Myton 12.41

Danielle Oliver 12.24

Yemi Oduwole 10.78

Jasmine Charley 12.44

Adrian Hart 12.24

Timothy Harris 10.79

Paige Nelson 12.51

Tonya Jones 12.43

Jared Ingram 10.81

Camryn Bates 12.60

Comfort Ibe 12.44

Robert Strong 10.84

Eliana Liebman 12.69

Maragaret Ibe 12.54

Brian Stiles 11.01

Chyna Moore 12.87

Lynette Atkinson 12.56

Dale Chesson 11.04

200m Longitudinal from Banta, Burris & Buckvar

Kayleyn Tate 24.44	Montenae Spright Roye 24.01	Justin Robinson 20.98
Dena Lewis 25.30	Kendra White 24.43	Chucky McGee 21.42
Raquel Jacobs 25.74	Lydia Harrold 24.56	Jacob Brunson 21.52
Khadjha Beyah 25.91	Azraa Rounds 24.58	Robert Strong 21.62
Jasmine Charley 25.94	Kim Prather 24.72	Jared Ingram 21.62
Lauren Johnson 25.94	Lynette Atkinson 24.85	Timonthy HArris 21.81
Miana Lee 25.96	Suzette Gills 24.92	Nick Buckvar 21.84
Nnanna Okpara 26.22	Samantha Levin 25.04	Jerrick Powell 21.89
Chyna Moore 26.25	Nataliyah Friar 25.45	Jehu Ches0 21.89
Nakira Gage 26.27	Desiree White 25.48	Hasani Barr 21.90

400m Longitudinal from Banta, Burris & Buckvar

Lizzie DeJoie 56.9

Montenae Spright Roye 53.62

Justin Robinson 44.84

Khadijha Beyah 57.9s

Kendra White 53.72

Chris Adams 47.24

Lauren Johnson 58.10

Samantha Levin 54.46

Hasani Barr 47.41

Eliana Liebman 58.17

Azraa Rounds 54.83

Brian Stiles 47.65

Raequel Jacobs 58.7s

Lynette Atkinson 55.52

Jacob Brunson 47.79

Miana Lee 58.75

Lydia Harold 56.24

Jarred Pasley 47.91

Nnenna Okpara 58.78

Lauren Atkinson 57.68

Chris Campbell 48.49

Kathleen Thompson 58.8s

Landon Wachter 57.69

Daniel Hopkins 48.72

Anayaku Okpara 59.0

Colleen Roley 57.83

Jerrick Powell 48.90

Eddrenna Littleton 59.44

Kim Prather 57.90

Scott Rehnquist 48.90

800m Longitudinal from Banta, Burris, Buckvar, & Levine

Emily Sisson 2:12.1s

Samantha Levin 2:06.74

Kenny Cushing 1:53.59

Lizzie DeJoie 2:12.83s

Colleen Riley 2:13.57

Daniel Everett 1:54.82

Diane Robison 2:13.60s

Kate White 2:13.87

Stephen Hickman 1:56.02

Sarah Madsen 2:14.85

Emily Warner 2:16.42

Charlie MacIntyre 1:56.30

Kathleen Thompson 2:16.0s

Landon Wacher 2:16.82

Cody Medley 1:56.44

Lauren Johnson 2:18.9

Erin Sealy 2:17.8

David Everett 1:57.41

Taylor Burlis 2:23.22

Rena McMillian 2:18.47

Eric Sivill 1:59.67

Annika Sisson 2:23.73

Montenae Spright Roye 2:18.49

Max Magruder 1:59.75

Katie Jost 2:24.46

Krista Menghini 2:21.48

Brooke Hilton 2:25.5s

Jocelyn Todd 2:23.60

Genetic result	European	African	East Asian	Latino	South Asian
CC Common result for elite power athletes	31.2%	61.5%	30.2%	24.0%	15.8%
CT Common result for elite power athletes	49.3%	33.7%	49.3%	49.0%	47.6%
TT Uncommon result for elite power athletes	19.4%	4.8%	20.5%	27.0%	36.6%

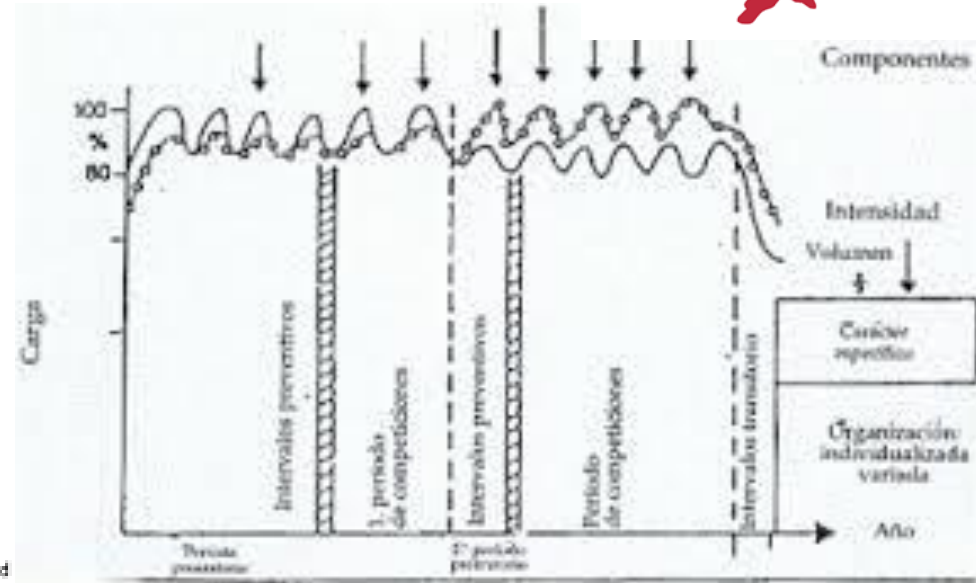
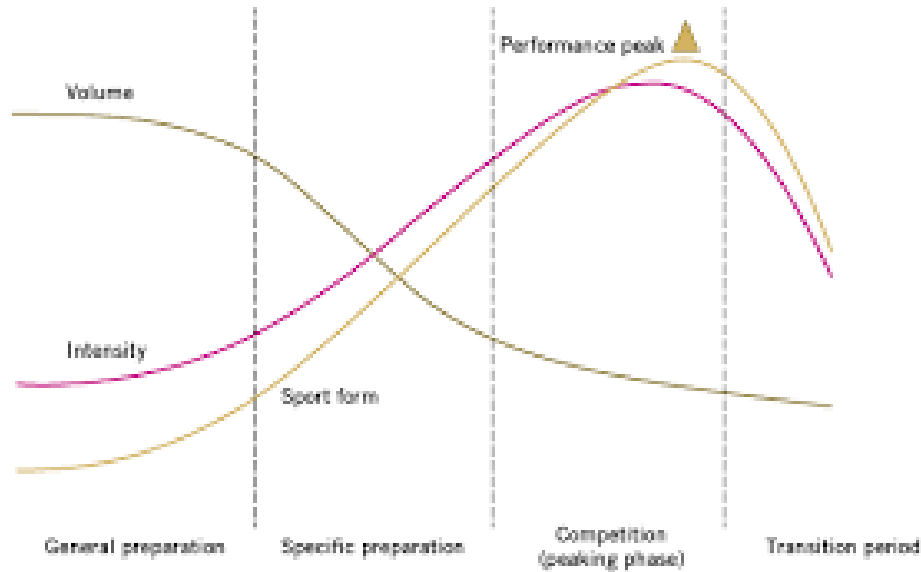
TABLE 58
Correlational Interrelationship of Preparatory Results of Women 400m Runners of Various Qualifications in Several Specialized-Preparatory, Specialized-Developmental and Competitive Exercises

Exercise	Sports Result, Coefficient of Correlation					
	50.00-51.00 sec	51.00-52.00 sec	52.00-53.00 sec	53.00-54.00 sec	54.00-55.00 sec	55.00-56.00 sec
Barbell snatch	-0.201	0.186	-0.216	0.256	0.267	0.297
Half squat with the barbell	0.178	0.196	0.225	0.278	-0.345	-0.376
Standing long jump	0.145	-0.188	0.265	0.207	0.255	0.279
Vertical jump	0.177	0.225	-0.254	-0.267	0.239	0.321
Triple jump from place	0.245	0.259	-0.235	0.326	0.286	0.324
10-fold jump from place	0.206	-0.276	0.367	0.326	0.367	0.302
Jumps from leg to leg for 50m for time	0.457	0.558	0.425	0.365	0.375	0.324
Throwing the shot forward	0.198	0.209	0.176	-0.226	0.267	0.240
Throwing the shot backward	0.226	-0.187	0.256	-0.203	0.221	-0.198

TABLE 48
Correlational Interrelationships Between Preparedness Results of 400m Women Runners Having Different Qualifications in Several Specialized-Developmental and Competitive Exercises

No. n/n	Indices	1	2	3	4	5	6	7
1	60m run from a low start	*	$\frac{0.754}{0.824}$	$\frac{0.667}{0.765}$	$\frac{0.589}{0.782}$	$\frac{0.624}{0.706}$	$\frac{0.612}{0.615}$	$\frac{0.542}{0.665}$
2	100m run from a low start		*	$\frac{0.724}{0.765}$	$\frac{0.789}{0.821}$	$\frac{0.688}{0.756}$	$\frac{0.712}{0.752}$	$\frac{0.567}{0.762}$
3	150m run from a high start			*	$\frac{0.798}{0.865}$	$\frac{0.712}{0.821}$	$\frac{0.766}{0.845}$	$\frac{0.672}{0.738}$
4	200m run from a low start				*	$\frac{0.678}{0.786}$	$\frac{0.754}{0.742}$	$\frac{0.707}{0.684}$
5	300m run from a high start					*	$\frac{0.856}{0.845}$	$\frac{0.678}{0.765}$
6	400m run from a low start						*	$\frac{0.675}{0.698}$

Apply this long term by using two systems



1	2	Early Bird	Spring Break	ParkRock	JV Tri & House Spring	JV Dual & Holmes	JVT & Cape	Vikki Reeves	Conference Championship	District	Sectionals	State Championship
Green	Green	Green	Green	Blue	Blue	Purple	Purple	Black	Red	Red	Red	Red
Green	Green	Green	Green	Blue	Blue	Purple	Purple	Black	Red	Red	Red	Red
Green	Green	Green	Green	Blue	Blue	Purple	Purple	Black	Red	Red	Red	Red
Green	Green	Green	Green	Blue	Blue	Purple	Purple	Black	Red	Red	Red	Red

Green= General Preparation Blue= Special Preparation Purple= Competition Phase Red= Peak Phase

Periodization Scheme for the Critical Mass System

Suppleness Static & Dynamic

Static: Traditional, Partner Assisted, PNF

Dynamic: Basic, Increased Load, and Complex

Biomechanical Drills

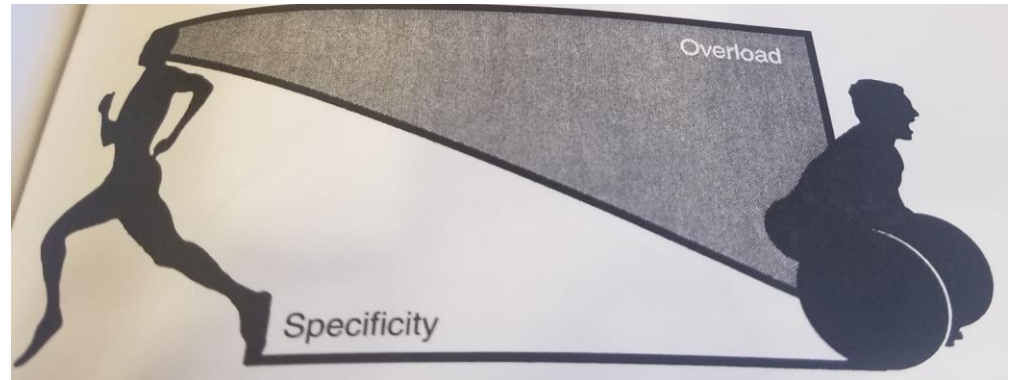
Rudimentary A/B, Power & Quickness, Nirvana, Speed Blend (Bosch) & Championship

Strength

Posture Butterussing, Hypertrophic, Maximal, Proprioceptive, FAP & Ballistic

Plyometrics

In Place Jumps, Endurance Bounding, CM Projection, Depth Jump, Depth Jump Enhanced



Warm Up & Drills



Banta Drills 1 (general prep)

2x20m High Knees
2x20m Step Over Butt Kicks
2x20m A Skip
2x20m High Hops
2x20m Duck Walks Forward
2x20m High Heels
2x20m Quick Leg Walking
2x20m Quick Leg Jogging Single
2x20m Carioca
4x50m Build Up
2x15 reps Wall Paw

Banta Drills 2 (general prep)

2x20m High Knee
2x20m Step Over Butt Kicks
2x20m B Skip
2x20m Rockettes
2x20m Duck Walks Backward
2x20m High Heels Backward
2x20m Retro/Backward run
2x20m Up, out, and through
2x20m Quick Leg Jogging Double
2x20m Quick Knee Lunges
2x20m A Run

Banta Drills Mid-Season Quick (specific prep)

2x15m High Knees w/20 meter burst
2x15m Butt Kicks
2x15m Carioca w/20 meter burst
2x15m Quick Ankles
2x15m Jogging Alternating Quick Leg Single w/20m burst
2x15m Jogging Double Quick leg
2x15m Up, out, and through w/20 meter burst
2x30m The Jerk aka Backward Hip Step-over
2x10 reps Wall Paw Quick Drill note the number of PAWS
2x40m Build Ups barefoot on grass

Banta Drills Mid-Season Power (specific prep)

These are best done if possible on a slight hill, with a weighted vest, or a light plate in the arms.

2x15m High Knees
2x15m Butt Kicks w/20m burst
2x15m Up, Up, and Away
2x15m High Hops w/20m burst
2x15m Rockettes
2x15m Bunny Hop w/20m burst
2x15m The Jerk Backward Step-over
2x15m Straight leg bound w/20m burst
2x15m Quick knee Lunges
2x40m A Runs

Banta Drills Nirvana 1

2x40m High Knees to Step over Butt Kick mini sprint
2x20m A skip B skip Complex
2x20m Zombie runs (arms to side run w/tight skirt
2x20m Up out and through
2x20m Straight Leg Bound
2x20m Straight Leg Bound Single Quick Leg
2x20m Quick Leg Single, Quick Leg Double, to every other
2x40m Quick Ankles to A RUN

Banta Drills Nirvana 2

2x20m High Knees hands on head
2x20m Step over butt kicks hands on head
2x20m Quick ankles to Alternating Single Quick Leg
2x40m Bunny Hops to bounding
2x40m High Hop, Carioca, backward run
2x30m Drive for 8 A run
2x25m Double single leg hop to a build up

Transfer Speed Module

1. 2x20m A- Skip Double Tap
2. 2x20m A-Skip Repeater skip the same leg twice in a row before switching to other leg
3. 2x20m A-Skip with very quick leg change with Bullet Belt as resistance
4. 2x20m Straight Leg Bound Double Tap with normal arms
5. 2x20m Straight Leg Bound Double Tap exulted warrior position w/arms held above head
6. 2x20m Straight Leg Bound Double Tap w/arms held above head, holding barbell or broom Stick
7. 2x40m A-Run High Low- 5 steps of low heel recovery, then 5 steps high heel recovery.
Changes verbally cued by coach.
8. 2x40m A-Run Speed Play -increasing velocity for 5m then decreasing velocity maintain good upright running mechanics. Changes to be verbally cued by coach
9. 2x40m A-Run and Straight Leg Run Combo- for few steps doing one drill then switch to the other drill.
Changes verbally cued by coach
10. 2x20m Single Leg Hops- forward with stiffness in ankle and knee held in front side mechanics position
11. 12x40m Bounding Right to Left Leg Repeat

Strength: Posture Buttressing & FAP/Ballistic Phase



We're Not Worthy



**Full Sit-ups w/
Dumbbell Slam**

Bantaspeed Posture Buttressing Routine	
1. Hellraisers 3x5 30 sec. recovery light/medium load	7. Stability Ball Hamstring Roll Under 3x20 30 sec. recovery
2. Push Up 3x20 30 sec. recovery	8. Cry Babies 3x30seconds 30 sec. recovery
3. Supine Hip Extension on Bench 3x20 30 sec. recovery	9. Walking Quick Knee Lunges 4x20 meters distance 30 sec. recovery
4. Horizontal Pull up 3x20 30 sec. recovery	10. Bicycles (Core) 3x30 seconds 30 sec. recovery
5. Dips 3x15 30 sec. recovery	11. We're not worthy (Core) 3x30 seconds 30 sec. rec.
6. Wall Facing Goblet Squat 3x15 30 sec. recovery	12. Planks (Core) all three positions 3x30 seconds 30 sec. recovery

Ballistic Routine	
1. Clean, Jerk, Switch, Switch Complex 3x5 4 mins recovery	7. Triceps Overhead Press Jump 3x10 1 min recovery
2. Jump Bench Press 3x5 80% 4 min recovery	8. Power Clean onto box Complex 3x5 80% 4mins recovery 4mins
3. Jumping Push Up 3x10 1min recovery	9. Loaded Back Jump Squat 3x5 80% 4min recovery
4. Deadlift w/jump finish 3x5 80% 4 min recovery	10. Hamstring Curls 3x10 w/medicine ball Complex 3x10 2 min recovery
5. Medicine Ball Overhead Wall Toss 3x10 1min recovery	11. Seated Dead Stop Bench to box Jumps 3x10 4 min recovery
6. Medicine Ball Overhead Floor Blast 3x15 1 min recovery	12. Hanging Knee Lifts w/medicine ball (Core) 3x15 2 min recovery
	13. Medicine Ball 1,2,3 and Toss (Core) 4x15 1 min recovery

Plyometrics: Barrier Jumps & Depth Jumps



Multi-Jumps	
1. Standing Long lump	5. Double Leg Vertical jumps
2. Standing Triple Jump	6. Double Leg Repetitive Bounds
3. Repetitive Hurdle Hopping (DL, SL)	7. Repetitive Single Leg Hops
4. Single Leg Combinations	(Repetitive Hurdle Hopping to Single Leg Combinations can use run ups)

Depth Jump Alpha	
1. Box rebounds Rapid Rebound Same Height 2x3	4. Box-Hurdle Combinations- Drop, mini hurdle jump, pause, high hurdle jump, high hurdle jump 2x3
2. Box Combination-High, Low, High, Low, and sprint outx3	5. Lateral Box Combinations 2x3 Rapid Rebound Same Height Each Direction
3. Box Twist Jumps 2x3	

Acceleration & Transition



SLED: SPEED

2x40 Sled pull- 30%BW

2x50 Technique acceleration

2x40 Sled pull- 30%BW

2x60 Technique acceleration

Acceleration Games

2x10 Rollover Start

2x10 Walking Start: From walk hit mark and accelerate

2x10 Dancing Start: With feet moving in place accelerate without false step.

2x10 Side Step & Go: Take two steps sideways, then drive off back foot and accelerate the opposite direction

2x10 Crossover Step & Go: Crossover with right foot, recover left foot and drive off left going right (do opposite direction also)

2x10 Scramble Out: Start in prone position, scramble out and accelerate

2x10 Push up position and Go

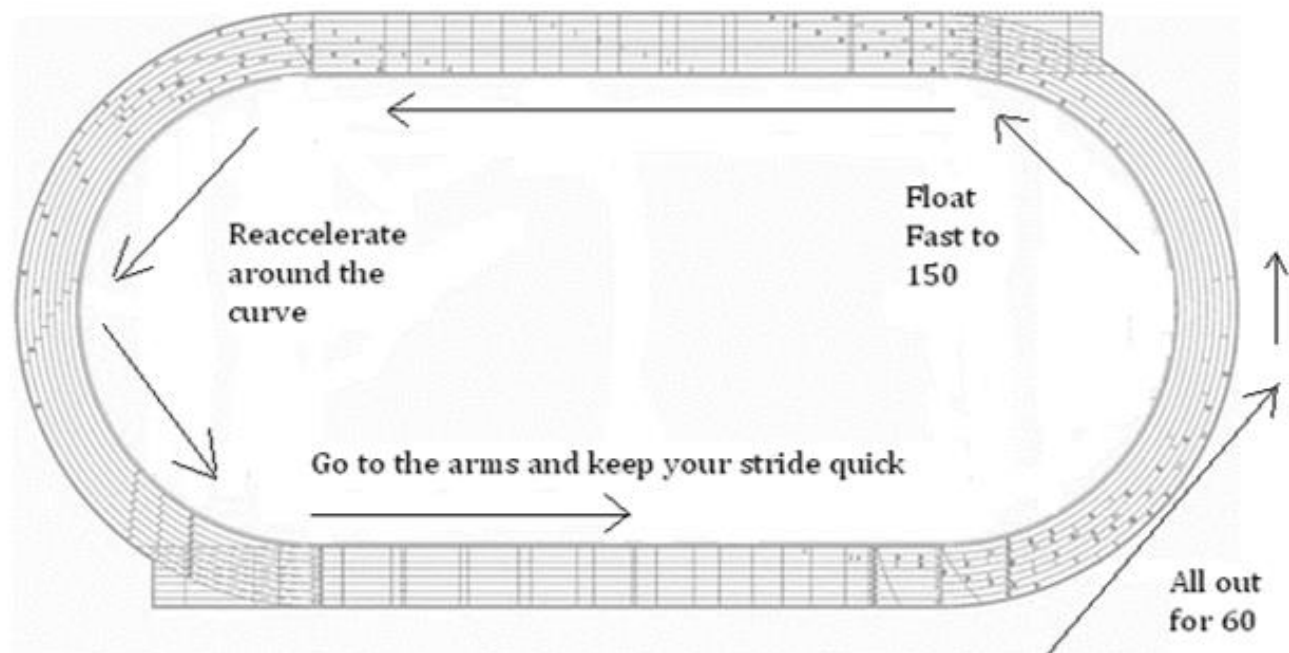
2x10 On your back roll out to right and Go

Active Recovery & X-Factor



Speed, Special Endurance, & Tempo (Depends)





400 Meter Dash Race Model
Using the 350 distance

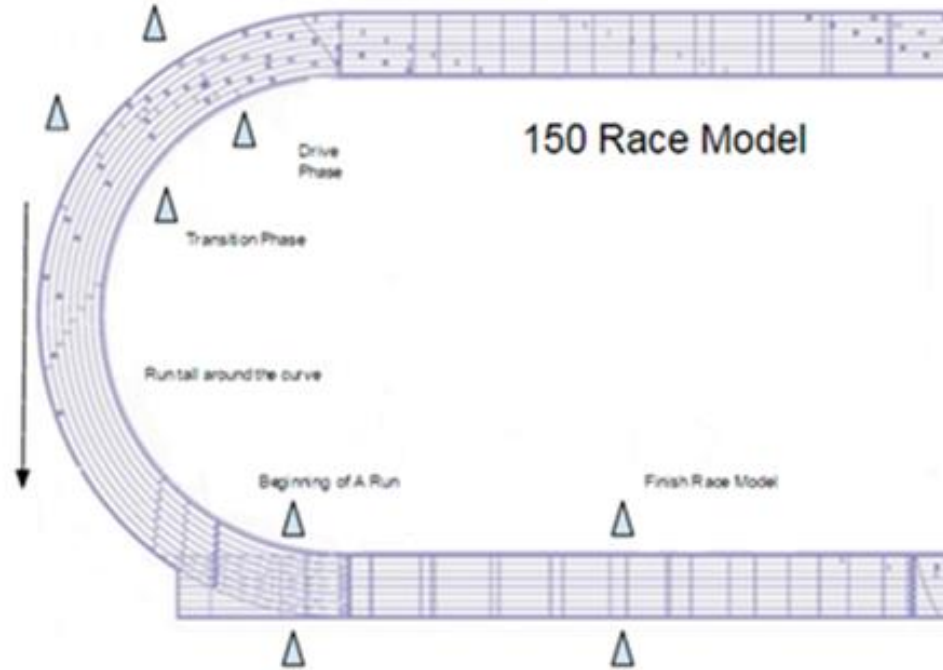
Special Endurance Monday Workout

2x450 [HR below 120bpm rec or 15'
(whatever is longer)]
4x40 build ups
4x200 [5']

Lactacid Stacking

1x150 Run @ 90% [45"]
4x40 Run @ 90% [40", 60"]
1x150 Run @ 90% [12']
1x150 Run @ 90% [45"]
4x40 Run @ 90% [40", 60"]
1x150 Run @ 90%

What does this look like in training?



Load Strategy

ATP-CP Development	Daily Volume in Meters		Percentage of Intensity	
	Preseason	In Season	Preseason	In Season
Acceleration	500-700	700-900	90-98%	
Maximum Velocity	400-500	500-700	90-98%	
Speed Endurance	600-1000		93-97%	
Energy System Training	Daily Volume in Meters		Percentage of Intensity	
	Preseason	In Season	Preseason	In Season
Special Endurance I	2000-3000	1300-2000	70-85%	75-90%
Special Endurance II	1300-2000	1000-1800	80-90%	85-90%
Extensive Tempo-Aerobic Work	1400-2000	1200-2000	70-75%	77-85%

Volume	60 FC	80 FC	70 FC	60 FC	50 FC
Exercises	line hops 3x10	line hops 3x10	squat jumps 1 x 10	squat jumps 1 x 10	squat jumps 1 x 10
	ankle hops 1x10	ankle hops 2x5	split squat jump 3 x 5	split squat jump 2 x 5	multiple long jump 5 x 3
	cone hops 2x5	cone hops 3x5	multiple cone hops 5 x 3	tuck jump 5 x 1	lateral long jump 5 x 1
	squat jumps 2x5	squat jumps 2x5	lateral long jump 5 x 1	lateral long jump 5 x 1	pike jump 5 x 1
		split squat jump 2x5	weighted squat jump 10 x 1	weighted squat jump 10 x 1	two leg jump/reach 5 x 1
		long jump 5 x 1	box jump 2 x 5	box jump 2 x 5	single leg jump/reach 5 x 1
				12 inch depth jumps 10x1	18 inch depth jumps 5 x 1

What paces and how many repetitions?

Pacing Table
Point Level: 650
Time Entries (min : sec)

Percent Performance	Reps	Rest	100 m	150 m	200 m	250 m	300 m	350 m	400 m
100.0%	0-1	---	11.5	17.5	23.7	30.5	37.9	45.7	54.0
95.0%	1-2	5-7 min	12.1	18.5	24.9	32.1	39.8	48.1	56.9
90.0%	2-3	4-5 min	12.8	19.5	26.3	33.9	42.1	50.7	1:00.0
85.0%	4-5	3-4 min	13.6	20.6	27.9	35.9	44.5	53.7	1:03.6
82.5%	6-7	2-3 min	14.0	21.2	28.7	37.0	45.9	55.4	1:05.5
80.0%	8-9	1-2 min	14.4	21.9	29.6	38.2	47.3	57.1	1:07.5
77.5%	10-12	1-2 min	14.9	22.6	30.6	39.4	48.8	58.9	1:09.7
75.0%	13-15	1-2 min	15.4	23.4	31.6	40.7	50.5	1:01	1:12.0
72.5%	16-18	5-1 min	15.9	24.2	32.7	42.1	52.2	1:03	1:14.5
70.0%	19-21	5-1 min	16.5	25.0	33.8	43.6	54.1	1:05	1:17.2

Percent Performance	Reps	Rest	500	600	800	1000 m	1200 m	1500 m	Mile
100.0%	0-1	---	1:10	1:27	2:05	2:41	3:18	4:19	4:40
95.0%	1-2	5-7 min	1:14	1:32	2:12	2:49	3:29	4:33	4:55
90.0%	2-3	4-5 min	1:18	1:37	2:19	2:59	3:41	4:48	5:11
85.0%	4-5	3-4 min	1:22	1:42	2:27	3:09	3:53	5:05	5:30
82.5%	6-7	2-3 min	1:25	1:45	2:32	3:15	4:01	5:14	5:40
80.0%	8-9	1-2 min	1:27	1:49	2:37	3:21	4:08	5:24	5:50
77.5%	10-12	1-2 min	1:30	1:52	2:42	3:28	4:16	5:34	6:02
75.0%	13-15	1-2 min	1:33	1:56	2:47	3:35	4:25	5:45	6:14
72.5%	16-18	5-1 min	1:36	2:00	2:53	3:42	4:34	5:57	6:27
70.0%	19-21	5-1 min	1:40	2:04	2:59	3:50	4:44	6:10	6:40

2:56 PM ✓

That's impressive 2:56 PM ✓

we ran 6x200, he ran the last 3
22.8, 22.5, 22.1 2:56 PM

Tuesday we went 3x(2x150) 3/5
rest 2:57 PM

17.2, 16.6/16.5/15.7/17.5/16.5 2:58 PM

Damn 2:58 PM ✓

the first and last set were supposed
to be slower 2:58 PM

i wanted to run the middle set hot 2:58 PM

He doesn't do anything slow 2:58 PM ✓

then come back and control the last
set 2:59 PM

22 is slow 2:59 PM



Who do you have? Time to Test.

Type of Sprinter: Quad & Hamstring (aka push vs pull)

Standing 30, Flying 30

Standing Long Jump, Five Repeat Bounds

Weight Room: Power Clean, Squat, Deadlift, and Bench Press.

Injury Prevention: FMS

Speed Endurance: 40 second test, time trials, over-distance vs. over-timing

Head Tests: Right vs. Left, Thinker vs. Warrior, see vs feel

Draw three things most important to you

--	--	--

Please explain your artwork. Illustrate the three most important people, places, or things in your life.

Where your parents or siblings athletes and did they do track & field?

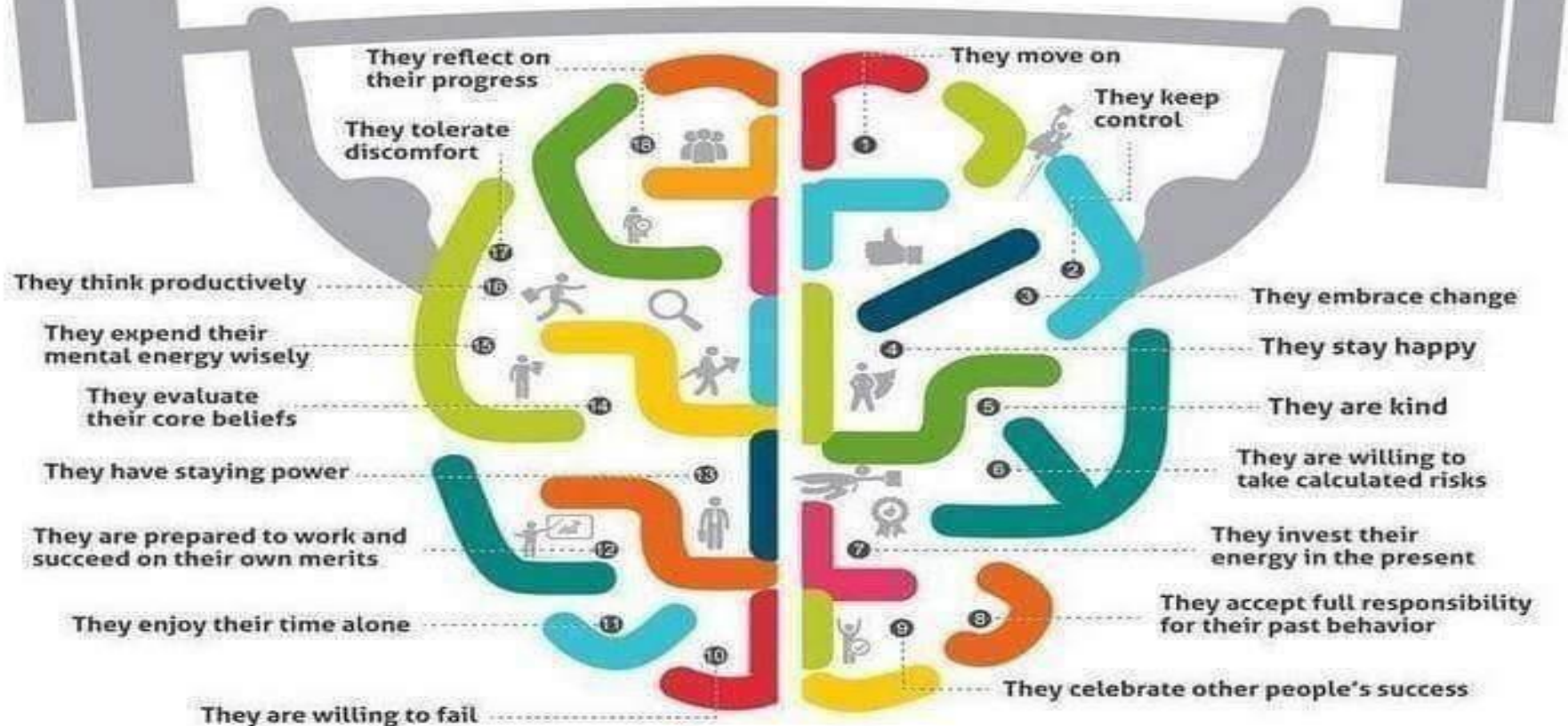
Descriptive Words (circle FIVE words best describing you)

Powerful	Aggressive	Intense	Opinionated	Strong	Fast
Funny	Happy	Humorous	Intelligent	Artistic	Tough
Honest	Quiet	Laidback	Noble	Kind	Selfish
Hardworking	Sheltered	Hopefully	Talented	Lazy	Blunt
Spiritual	Passionate	Unworthy	Dedicated	Competitive	Gracious

What made you choose these words? _____

Favorite Quote: _____

18 THINGS MENTALLY STRONG PEOPLE DO



Actionable Things to Improve Athlete Culture

- Big Sister & Little Sister Program
- Red Carnation Ceremony
- PR Bars/Ring the Bell
- Interval Cards
- Team Themes
 - Dress nice & tennis shoes
 - Twins, pride & pig tails
- Meet Day Team Breakfasts
- Secret Track Buddy
- Captain of the Week (COW)
- Milk Shake Mile
- Scavenger Hunt
- March Madness Block Start Tourney



Winter Season (Conditioning)

Acceleration & MaxV is King

Bad Weather- ABC workouts, never two days on tile in a row.

Weight Room- Four to Five

Cast a Wide Net

Plyometrics, medicine ball,

Agility (X-factor) for multi-sport athletes.

No Phase changing for sporadic athletes

Testing Psych, Weight Room, Standing 30-
Flying 30m, Goal Development



Putting it all together for a 400 meter athlete (state level early season) Week 1

Monday 2x350 Race Mode with complete recovery 12 minutes/120 HR 2x150m 6.5

Tuesday Tempo 6x200m @backend 400 pace 2.5 minutes recovery banana style.

Wednesday Active Recovery, Visualization, Hurdle mobility, standing handoff targets,

Thursday Acceleration & Maximum Velocity PAP Heavy loaded sled 3x30 meters. Done on Turf barefoot if possible.

Followed by 2-3x30m from 3 point

Followed by 2-3x30m from the blocks unloaded

Followed by 2-3x20m flying

Friday Pavlov Day 3-5 Full Speed Hand Offs, 3-4x150m Flying 75%

Saturday Race Day 4x200, 400, 4x400 (Strength week)

Sunday Review film, visualization, goal setting



Putting it all together for a 400 meter athlete (state level early season) Week 2

Monday Rhythm lock break down workout. 4-6x60-80 meter runs, 20-30m buildup from the blocks followed by: Sprint, Straight leg bound, and A run.

Tuesday 5-6x150m flying 85% effort. Start in the middle of the straight away. Run both directions on track. 2.5-3.5 min recovery

Wednesday Active Recovery, Visualization walk, 24 hour taper

Thursday 3x350 95% effort 15 min recovery (halfway through recovery 3-5 wicket runs) 2min recovery 10m run in for 30 meter alternating bounds w/weighted vest

Friday 3-4x150m progressions 50 meter slow, 50 meters medium, 50 meters fast

Saturday Race Day 100m, 4x100, and 200



Putting it all together for a 400 meter athlete (state level early season) Week 3

Monday 2x450 w/400m Race Model 14 min recovery (3-4 build ups halfway through), 3x200 meter. Maximal effort

Tuesday 7-9x100m on the minute barefoot on the turf. 1.5minute recovery all start from three point stance

Wednesday Active Recovery, hurdle mobility, yoga, and sandwalks

Thursday 3-4x150m Race Model 12-15 mins recovery

Friday 3-4xFull Speed Handoffs, 3-4x200 meters

Saturday Race Day 400, 200, and 4x400

Sunday Review film, visualization, goal setting

Note this doesn't include our warm ups, plyometrics, and weight room.

