

How to Build High Performance Relays

Anywhere





Philosophy

Backbone of every team

Competitive at all 4 relays

How many & who is on the relays

4x400 will be our starting point

Rotation of events & (possibly) lineups

Push Method & outgoing hand delivery

Short Relay R, L, R, L hands





4x100m Relay

Step Count

Shared & Free Space

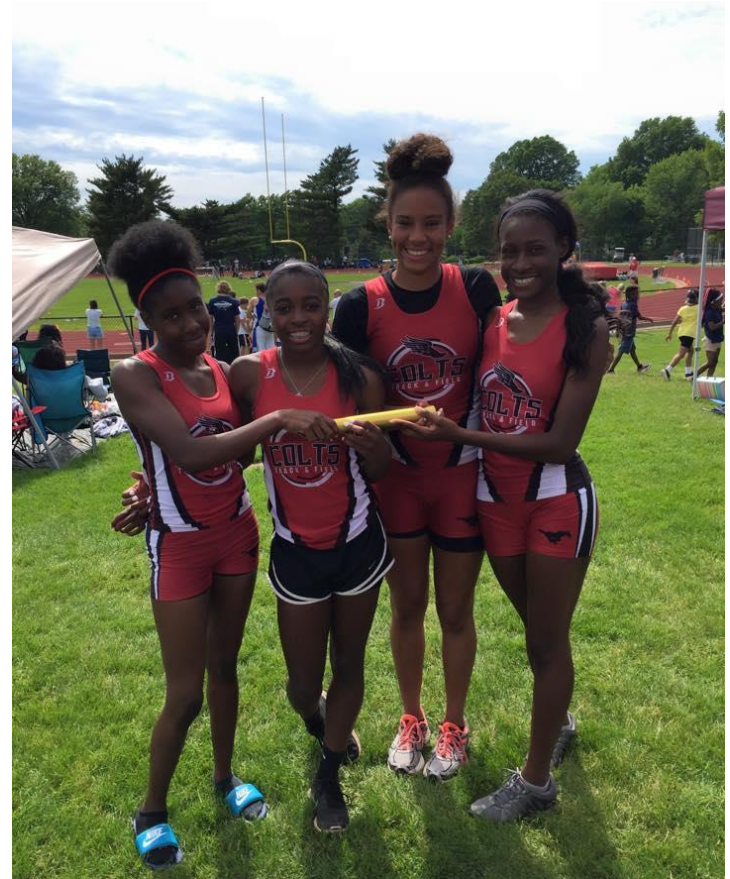
Order

Individually & Team Responsibilities

Who, when, where, why, how

Drills

[PCH at FZ4 4x100](#)



Times for Incoming Runner Over 30 Meters in Flying Time Trial											
Times for Outgoing Runners on Standing 30m Time Trial		3.0	3.12	3.24	3.36	3.48	3.6	3.72	3.84	3.96	4.08
		Distance for Acceleration Mark for Relay Exchange in Meters									
	4.03	10.0	8.7	7.4	6.3	5.2	4.2	3.2	2.3	1.5	0.7
	4.15	11.0	9.7	8.3	7.1	6.0	5.0	4.0	3.1	2.3	1.5
	4.27	12.0	10.6	9.3	8.0	6.9	5.8	4.8	3.9	3.0	2.2
	4.38	13.0	11.6	10.2	8.9	7.8	6.7	5.6	4.7	3.8	2.9
	4.50	14.0	12.5	11.2	9.8	8.6	7.5	6.4	5.5	4.6	3.7
	4.62	15.0	13.5	12.0	10.7	9.5	8.3	7.2	6.2	5.3	4.4
	4.73	16.0	14.4	13.0	11.6	10.3	9.2	8.0	7.0	6.1	5.1
	4.85	17.0	15.4	13.9	12.5	11.2	10.0	8.9	7.8	6.8	5.9
	4.96	18.0	16.4	14.8	13.4	12.1	10.6	9.7	8.6	7.8	6.6
	5.08	19.0	17.3	15.7	14.3	12.9	11.7	10.5	9.4	8.4	7.3
	5.19	20.0	18.3	16.7	15.2	13.8	12.5	11.3	10.1	9.1	8.1
5.31	21.0	19.3	17.6	16.1	14.7	13.3	12.1	10.9	9.9	8.8	
5.42	22.0	20.2	18.5	17.0	15.5	14.2	12.9	11.7	10.6	9.5	
5.54	23.0	21.2	19.4	17.9	16.4	15.0	13.7	12.5	11.4	10.3	
5.65	24.0	22.1	20.4	18.8	17.2	15.8	14.5	13.3	12.1	11.0	
5.77	25.0	23.1	21.3	19.7	18.1	16.7	15.3	14.1	12.9	11.8	

(Schmolinsky, 1992)



4x200m Relay

Blind vs. Open

Steps, Rhythm & fail safe mark

Order (psychology of the stagger)

Who, when, where, why, how

Drills





4x400m Relay

Order

Can't be done on fast food alone

Race Modeling

Split taking discipline

Moving exchange hand position

Managing the exchange zone

The hot corner

Drills





4x800m Relay

Critical Zone Training aka over and under

Order early in the year vs. late

Race Model for beginners

Management of the first exchange

Moving people up vs. moving people down

Closing a gap vs. keeping one.

Clockwise Coaching on Infield





Special Considerations

Alternates

Time trials for spots

Personalities

Don't stretch them thin

Make changes early, not late

How to honor relay records





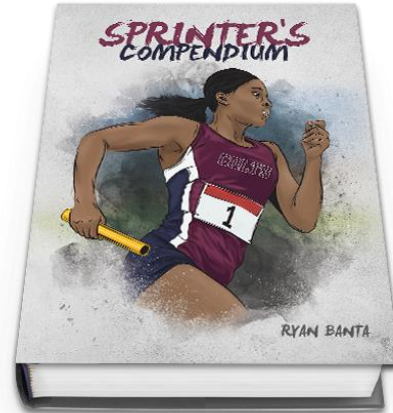
Thank You!

4x100- 7 All State Relays

4x200- 8 All State Relays

4x400- 7 All State Relays

4x800- 5 All State Relays



Twitter: @sprinterscompen

Email: rbanta@parkwayschools.net

Author of Sprinter's Compendium can be purchased on Amazon.com