

## **BLAZIN : 2**

by Jordan Collins

Ah, good to be back in the world of sprints once again. Blazin: Part 2 is coming right at you, continuing the documentation of a training season for a sprinter. As noted in the first article of this on-going series, the training presented is a continual building process that allows the sprints to adapt to high levels of training, and as the season approaches, cuts the sprinters volume dramatically while also becoming much more specific in nature.

I want to make a quick point about the base phase discussed in the previous article, the level of training will more than likely last 6-8 weeks (as with all of the training) but can be used for up to a 12-week period to ensure individual weaknesses (i.e. overall fitness, tempo work, maximal speed, etc).

As for the next level of training, we shall slowly move into a continual tempo/speed endurance building while also starting to address the maximal speed needed to be a top flight sprinter.

M: 35,55 yds x3-5 each (100%) (walk back rest interval)  
Tu: 8x220 yds (75%) (90 seconds rest interval)  
W: 120/150 yds x 3 each (90%) (walk back rest interval)  
Th: 8x220 yds (75%) ( 90 seconds rest interval)  
F: (35,55 yds x 3-5 each (100%) (walk back interval)

For anybody familiar with Renegade Training, the protocol in this period relates much more directly to the programs John Davies designs. While the Tuesday/Thursday tempo runs are still continued, speed comes into a big play as the dynamic of the program has changed dramatically from the previous training I detailed.

As obvious, the everlasting tempo runs still continue in this workout (Tuesday and Thursday sessions), but are used as recovery from the more intense sprinting presented on Monday, Wednesday and Friday. As for the maximal sprint efforts, the recovery time is an issue that should be brought up. In my case, I don't like to have much recovery time at this stage of training (recovery will be adjusted closer to the season), but in individual cases where form breaks down so much that the sprints are becoming worthless you would obviously increase your recovery time.

A key to the M/F workouts is getting a good strong drive phase out of your sprints. What is the drive phase you might ask? Well, the drive phase (also known as the acceleration phase to some) occurs from the start of the race until max velocity. The thing most people don't realize while sprinting is that the drive phase should last about 35m (35-40 yds). The key to a great drive phase includes staying low and driving your legs vigorously at the start of the sprint (overcoming inertia-this is where strength in the weight room comes into play BIG time) and slowly, not as fast as possibly, accelerating to top speed.

This key technique will come into play during Wednesday's workout, which emphasizes speed endurance by performing near maximal sprints at longer

distances, training the body to keep high intensity and form throughout the duration or a sprint.

While the M/F workouts might seem “easy” in nature, combined with vigorous resistance training, these workouts can become very taxing. From a conditioning standpoint, the Tuesday-Thursday workouts are meant as recovery/speed endurance workouts directed at improving the work capacity and the ability to develop the lactic acid energy systems that go hand-in-hand with the longer sprints (200/400m).

As the sprint training becomes more complex and demanding, so does the overall workout. The GPP involved in this cycle becomes increasingly demanding as a combination of calisthenics (jumping jack, shuffle splits) are combined with explosive burpees and lunges, but also tumbling to bear crawls are added for extra torture to set your lungs and lower body on fire. The resistance training also emphasizes the Olympic lifts in much more detail, as they (with their variations) are the staple of a sprinters training. Also introduced are many squat variations, such as the Hi-Box Step Up, to further blast your hamstrings/hip flexors.

As you progress into this sprinting phase, you will see many of the spokes in the “Wheel of Conditioning” (please refer to Rob Bush’s great pieces on the site) come into play such as every piece will equally ensure on the field success. I feel as though this phase brings more enjoyment to any true sprinter because he or she is able to finally start turning up the gears and get into more intense training. Once again, time for me to go train-it never stops and that’s just the way I like it. Hit it hard, Hit it Fast...

Jordan Collins, [collijo@auburn.edu](mailto:collijo@auburn.edu)

The style of the south, is a sprinter for Auburn University's track & field program. He has trained under Coach John Davies for years now and has starred in many DVD for Renegade Training. He brings a young flare and passion to the strength and conditioning community.