

BLAZIN : 3

by Jordan Collins

Speed Kills. Those who have gone up against killer speed have been demoralized... and those with the killer speed have become champions. Now that we have developed a strong base phase and continued building with the speed work, this article's intent is to jump straight into the technical aspect of a sprinters training. After months of volume and tempo work, the legs should be in great condition to handle practices running at top speed. The overall fatigue you have probably felt in your legs starts to dissipate as your volume is cut down tremendously...but the intensity is raised to a new level.

This level of training presents the sprinter with the task of developing their top-end speed and max velocity. In previous levels, the individual was training to better improve their sprint form, lower body levers and overall conditioning (which by this time should have no impact upon the workouts). The added extras of the spikes/blocks also present the sprinter with new features that will instantly drop times compared to running in training flats. The sprinter spikes provide a totally different angle/foot strike compared to that of training flats. The foot is almost "locked" into a perfect striking position and the light weight plus contour to the foot provides an added bonus to the sprinter.

Rolling into the workout, the progression is quite similar to the previous level of training...with max speed effort occurring on Monday/Friday, tempo/recovery runs on Tuesday/Thursday and Wednesday provides a different aspect to training. The Wednesday workout is intended as a cross between max speed (worn with spikes and a little quicker tempo than T/TH workouts) but also as a recovery day (walk back repeats intended to work on sprint form at a higher intensity than the tempo runs).

M: 55,35,15,5 x 4 each (100%) (blocks, spikes, rest as needed)

Tu: 200s (8-12 repeats @ 75%) (90 seconds rest)

W: 75-125 meters (6-8 repeats @ 75-80%)- walk back recovery

Th: 200s (8-12 repeats @ 75%) (90 seconds rest)

F: 55,35,15,5 x 4 each (100%) (blocks, spikes, rest as needed)

After reviewing the workout listed above, the specificity of the sprint sessions becomes quite obvious. Each sprint of each workout should be intensely scrutinized, because the season is drawing closer and every step matters. One wrong step, one shift to the side...could lose the race. It becomes quite imperative to operate full steam every step of the way and if, for instance, you start to break down form during one of your maximal sprint day to just shut your body down. Trust me, I am one person who never likes to take a rest and not finish a workout...no matter what. The point I'm trying to make is you don't want to influence bad mechanics. When you get to a high level of sprint training, everybody at that level is fast...but those that prepare themselves with perfect form and technique day in and day out are the ones that come out victorious.

While the sprint sessions become very dynamic and specific in nature, so does the lifting part of the program as well. At this point in the year, GPP has been

eliminated and instead progressed into complexes during the lifting sessions. Once again, we have a 3-day lifting split...of course concentrating on your lower body but also hitting the upper body with ferocity. Most of the focus lifts presented are combined with explosive plyometric exercises intended to stimulate the CNS and promote enhanced motor recruitment. While the focus lifts are complexed, it should be noted that the % of the lifts have dramatically increased from the start of the program (by the end of the level the lifting %'s hover between 80-95%). A few examples of the complexes presented in this level (an intro perhaps for the Mad Science series...which I can personally say is probably the best program I have used to date) could be a close grip power snatch (from dive start) followed by 3 depth jumps from a 24 inch box or Bench Press with a 2 second pause at the base of the lift followed by 3 drop pushups from a 12 inch box.

Summing up the training that you now will partake in...SPEED!!!! Everything you do is done with full force, knockout speed. Of course, you must maintain proper body positioning throughout everything you do, but it's now time to turn it up a notch and get ready for the season. It's so close I can feel it in the air. Hit it Hard, Hit it Fast...

Jordan Collins, 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.