

## **\*\*SECTION (A) SPRINTS 100M-400M**



"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

-Sir Roger Bannister, first runner to run a sub-4 minute mile

## SECTION (A) SPRINTS 100M-400M (OVERVIEW)

<b>OVERVIEW</b>	<p>To be an effective and competitive sprinter, you continually have to find ways to get faster. Spending time in the off-season (BASE PHASE) developing this skill can have a tremendously positive impact on your success on the track, but you can continue increasing your sprinting speed once the track season begins.</p> <p>The only true way to improve your top-end speed is to run fast. This means to improve your speed you have to do all-out sprints (MAX EFFORT). Maximum speed workouts are the cornerstones of our sprint program.</p> <p>Maximum speed track workouts are done two to three times per week. This is adjusted to accommodate level of each athlete's development, event schedule, body condition, and the time of the year. Maintaining proper sprint mechanics, and dedicate yourself to plyometrics and weight training, and to general conditioning with allow athletes to yield the highest results.</p>
<b>BASE PHASE</b>	Flying Sprints or "FLYERS" are perfect early in the season, while you progress through a complementary sprinter workout for explosive acceleration. This top-end speed exercise begins with a rolling acceleration that is long enough to build up to top speed, and finishes with the "flying" sprint portion for a specified distance. This limits fatigue from a max sprint so you can reach your top velocity.
<b>Focus Points</b>	<ul style="list-style-type: none"> <li>* Slowly accelerate to top speed (MAX EFFORT) over 15-25 meters.</li> <li>* Sprint at top speed (MAX EFFORT) for the entire distance of the fly zone.</li> <li>* Gradually slow down to prevent muscle injury.</li> <li>* Walk back to the start and rest for 1 minute before starting the next sprint.</li> </ul>
<b>Workout</b>	3-6x10-30 meters (start with 10m and progress to 30m)
<b>TRAINING/SEASON PHASE</b>	At this time of the season, effective track workouts for sprinters focus on sprints of 30 to 50 meters from the blocks. Compared to the drill above, this type of sprint takes you through the full acceleration phase, so it's important to maintain proper form through your acceleration
<b>Focus Points</b>	<ul style="list-style-type: none"> <li>* EXPLODE out of the blocks.</li> <li>* Comfortably accelerate to near top speed.</li> <li>* Maintain maximum speed with minimum effort.</li> <li>* Gradually slow down to prevent muscle injury</li> <li>* Walk back to the start and rest for 1 minute before starting the next sprint.</li> </ul>
<b>Workout</b>	3-6x30-50 meters
<b>CHAMPIONSHIP PHASE</b>	The cumulative effects of training now have you primed for speed endurance workouts. These use longer intervals to build up fatigue slowly. Longer intervals are taxing and require more rest between repetitions. You must do fewer reps to compensate for the longer intervals and to avoid overtraining.
<b>Focus Points</b>	<ul style="list-style-type: none"> <li>* Longer intervals, more rest between intervals, fewer reps.</li> <li>* Always maintain proper form and mechanics.</li> <li>* Listen to your body - avoid overtraining. Don't push just because you feel great!</li> </ul>
<b>Workout</b>	<p>100m-200m sprinters: 3-5x80m-150m with 5-8 minute recovery.</p> <p>200m-400m sprinters: 3-5x150-250m with 6-10 minute recovery.</p>
<b>EMPHASIS</b>	<p><b>KEYS TO KEEP IN MIND AS WE TRAIN AND PREPARE FOR A SUCCESSFUL SEASON</b></p> <p>(1) Don't think about working HARDER, instead work SMARTER and more EFFICIENT.</p> <p>(2) Never worry about what other people are doing, focus on what you can do and what you can get accomplished.</p> <p>(3) Take care of your body physically, mentally, and emotionally. Put yourself in a position to find success.</p> <p>(4) Have fun with training when you can. Track and Field is hard enough without you stressing yourself out.</p>

# SPRINTS: 100M-400M (PHASES)

PHASES	Points of EMPHASIS	Examples of WORKOUTS
Base Training 6-10 Weeks	Much of the time we spend in the fall (for athletes that are not playing a fall sport) consists of training that conditions the body and teaches specific drills that help develop proper sprint mechanics. In this phase we also introduce exercises that help to develop and improve the athlete's technique, stride length and stride frequency. Circuit, Weight, and Core Training plays a big role during this phase, this is done not only to help increase that athletes overall fitness level, but also to help develop the proper sprint mechanics that are so vital at the end of the race.	<b>Mon.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/5 x TAPE & ACCELL DRILL/5 X 20 (3 POINT STANCE) 2 SETS MED BALL CIRCUIT/GRASS COOLDOWN <b>Tues.</b> LONG WU/HURDLE DRILLS/STRETCH/DRILLS 35 MIN CIRCUIT (A)/MED BALL CIRCUIT/GRASS COOLDOWN <b>Wed.</b> ACTIVE RECOVERY <b>Thurs.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/5 X 20 (3 POINT STANCE) 2 SETS/MED BALL CIRCUIT/10 DIAGONALS <b>Fri.</b> LONG WU/HURDLE DRILLS/STRETCH/DRILLS 5 X TAPE & ACCELL DRILLS/12 DIAGONALS <b>Sat. - Sun.</b> ACTIVE RECOVERY
Training Phase – Season	The emphasis in this phase is developing high top-end speed and maximizing the conditioning of the body and the mind to hold that speed for as long as possible. In this phase we stress the importance of having the end in mind - meaning that we want to be running our fastest, our most efficient, and with the greatest results in the most important meets (CAAC-Blue Championships, Regionals, Honor Roll, and States). <b>THIS IS NOT EASY!</b> The training required to be a high-level, high-performing track and field athlete takes a great deal of time, energy, focus, commitment, and effort.	<b>Mon.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 5 x TAPE & ACCELL DRILL/6 FORM STARTS ( 20m) 4 X 40, 4 X 50, 3 X 60 (3 POINT STANCE) 6 X 50m SINGLE LEG HOPS (3 EACH LEG) MED BALL CIRCUIT/GRASS COOLDOWN <b>Tues.</b> LONG WU/HURDLE DRILLS/STRETCH/DRILLS 500 - 400 - 300 - (56 400 BASE) WALK WHAT YOU RAN FOR REST MED BALL CIRCUIT/GRASS COOLDOWN <b>Wed.</b> ACTIVE RECOVERY <b>Thurs.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 6 FORM STARTS (IN TURN)/200 (22 OR BETTER) 30 SEC - 200 2 SETS - FULL RECOVERY BETWEEN/MED BALL CIRCUIT/ GRASS CD <b>Fri.</b> LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100 (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD <b>Sat. - Sun.</b> ACTIVE RECOVERY
Championship Season	The emphasis during this phase is on providing the appropriate balance of rest and training so that our athletes maximize their opportunity to achieve their best performances at our championship meets. At this point of the training we focus on technique more than any other facet of sprinting. As our athletes become more rested, the technical aspect of their efforts become easier to achieve. However, while the athletes are feeling more rested and in effect "feeling faster," it is vital that coach keep a close eye so that the athletes do not push too hard in train. We want the effects of the (TAPER) to be felt and utilized in the competitions, not in practice.	<b>Mon.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS 4 FORM STARTS (20 m - TURN) 4 X 40 (BLOCKS - GUN - IN TURN) 3 X 70, 2 X 80 (3 POINT STANCE) 4 X 50m (BOUNDING) <b>Tues.</b> LONG WU/STRETCH/DRILLS/5 X TAPE & ACCELL DRILLS 3 X 500 (56 400 BASE) 500 WALK REST <b>Wed.</b> MEET WU/STRETCH/DRILLS/BATON DRILLS <b>Thurs.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS 4 FORM STARTS (20 m - TURN)/300(33 OR BETTER FROM BLOCKS) 45 SEC REST - 100 (FULL EFFORT) 2 SETS FULL RECOVERY <b>Fri.</b> DAY OFF (COMPLETE REST) <b>Sat.</b> MEET DAY - WU/STRETCH/DRILLS - COMPETE HARD! <b>Sun.</b> ACTIVE RECOVERY
Yearly Outlook	We want our student-athlete to maximize their personal potential and optimize their overall high school track and field experience. We will never be a program that mandates specialization or that athletes must give up other sports in order to be considered a valuable member of the HOLT TRACK and FIELD FAMILY. We will encourage our athlete to play other sports throughout the year.	All that we require from our athletes is commitment, effort, a positive attitude, and respect. Athletes must have the commitment to their studies, families, and activities that they believe are important. They must give 100% of the effort they have on that day - each time they step in the classroom, on the track, and in all facets of their life. BE POSTIVE and SHOW RESPECT.

# SPRINTS: 100M-400M (BASE PHASE)

BASE PHASE	(Base Period) 6 - 10 Weeks	
Focus Points	Much of the time we spend in the fall (for athletes that are not playing a fall sport) consists of training that conditions the body and teaches specific drills that help develop proper sprint mechanics. In this phase we also introduce exercises that help to develop and improve the athlete's technique, stride length and stride frequency. Circuit, Weight, and Core Training plays a big role during this phase, this is done not only to help increase that athletes overall fitness level, but also to help develop the proper sprint mechanics that are so vital at the end of the race.	
Training	All Sprinters (100m - 400m)	All Sprinters (100m - 400m)
Monday	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 5 x TAPE & ACCELL DRILL/5 X 30 (3 POINT STANCE) BOX DRILLS/MED BALL CIRCUIT/10 DIAGONALS	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 5 x TAPE & ACCELL DRILL/5 X 30 (3 POINT STANCE) BOX DRILLS/MED BALL CIRCUIT/10 DIAGONALS
Tuesday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 500 - 400 - 300 - (56 400 BASE) WALK WHAT YOU RAN FOR REST MED BALL CIRCUIT/GRASS COOLDOWN	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 6 X 600 (1:45 - 70 @ 400) 400 WALK REST
Wednesday	ACTIVE RECOVERY	ACTIVE RECOVERY
Thursday	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 6 FORM STARTS (IN TURN)/200 (22 OR BETTER) 30 SEC - 200 2 SETS - FULL RECOVERY BETWEEN/MED BALL CIRCUIT/ GRASS COOLDOWN (CD)	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 8 X 300 (NO TIME JUST SMOOTH & CONTROLLED WORKING ON TECHNIQUE/ /MED BALL CIRCUIT/GRASS COOLDOWN
Friday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100 (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS
Saturday-Sunday	ACTIVE RECOVERY	ACTIVE RECOVERY

Workouts	Short Sprinters (100m - 200m)	Long Sprinters (200m - 400m)
Monday	5x20m, 4x30m, 3x40m, 3x30m, 3x40m, 2x50m, 1x60m 5x30m (2 sets)	5x20m, 4x30m, 3x40m, 3x30m, 3x40m, 2x50m, 1x60m 5x30m (2 sets)
Tuesday	6x250m (35-28 at 200) 2 minute rest 300-200-100 (39-26-13) 100m walk rest (2-3 sets) 400m walk rest 3x500m (500m walk rest) 500m-400m-300m-200m (walk what you ran for rest)	6x250m (34-27 at 400) 2 minute rest 300m (45 second rest) 300m (3 sets); 350m (60 second rest) 350m (3 sets) 3x500m (500m walk rest) 600m-500m-400m-300m-200m (walk what you ran for rest)
Wednesday	ACTIVE RECOVERY	ACTIVE RECOVERY
Thursday	4x100m (25 sec. rest) 2 sets (full recovery between) Run 100m (walk back 50m) Run 100m (recover full lap) 200m (30 second rest) 200m 2x352 (full effort) full recovery between	4x100m (25 sec. rest) 2 sets (full recovery between) 200m (30 sec rest) 200m - 2 sets (full recovery between) 250/300m (40/45 sec rest) 150/100m - 2 sets (full recovery) 2x352 (full effort) full recovery between
Friday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100 (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD **CARDIO CHOICE** - SWIM, BIKE, CORE, X-FIT	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS **CARDIO CHOICE** - SWIM, BIKE, CORE, X-FIT
Saturday-Sunday	ACTIVE RECOVERY	ACTIVE RECOVERY

# SPRINTS: 100M-400M (TRAINING PHASE)

TRAINING PHASE	(Training Period) 6 - 10 Weeks	
Focus Points	The emphasis in this phase is developing high top-end speed and maximizing the conditioning of the body and the mind to hold that speed for as long as possible. In this phase we stress the importance of having the end in mind - meaning that we want to be running our fastest, our most efficient, and with the greatest results in the most important meets (CAAC-Blue Championships, Regionals, Honor Roll, and States). THIS IS NOT EASY! The training required to be a high-level, high-performing track and field athlete takes a great deal of time, energy, focus, commitment, and effort.	
Training	All Sprinters (100m - 400m)	All Sprinters (100m - 400m)
Monday	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 5 x TAPE & ACCELL DRILL/6 FORM STARTS ( 20m) 4 X 40, 4 X 50, 3 X 60 (3 POINT STANCE) 6 X 50m SINGLE LEG HOPS (3 EACH LEG) MED BALL CIRCUIT/GRASS COOLDOWN	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 5 x TAPE & ACCELL DRILL/5 X 30 (3 POINT STANCE)  BOX DRILLS/MED BALL CIRCUIT/10 DIAGONALS
Tuesday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 500 - 400 - 300 - (56 400 BASE) WALK WHAT YOU RAN FOR REST MED BALL CIRCUIT/GRASS COOLDOWN	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 6 X 600 (1:45 - 70 @ 400) 400 WALK REST
Wednesday	ACTIVE RECOVERY	ACTIVE RECOVERY
Thursday	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 6 FORM STARTS (IN TURN)/200 (22 OR BETTER) 30 SEC - 200 2 SETS - FULL RECOVERY BETWEEN/MED BALL CIRCUIT/ GRASS COOLDOWN (CD)	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 8 X 300 (NO TIME JUST SMOOTH & CONTROLLED WORKING ON TECHNIQUE/ /MED BALL CIRCUIT/GRASS COOLDOWN
Friday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100 (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS
Saturday-Sunday	ACTIVE RECOVERY	ACTIVE RECOVERY

Workouts	Short Sprinters (100m - 200m)	Long Sprinters (200m - 400m)
Monday	5x20m, 4x30m, 3x40m, 3x30m, 3x40m, 2x50m, 1x60m 5x30m (2 sets)	5x20m, 4x30m, 3x40m, 3x30m, 3x40m, 2x50m, 1x60m 5x30m (2 sets)
Tuesday	6x250m (35-28 at 200) 2 minute rest 300-200-100 (39-26-13) 100m walk rest (2-3 sets) 400m walk rest 3x500m (500m walk rest) 500m-400m-300m-200m (walk what you ran for rest)	6x250m (34-27 at 400) 2 minute rest 300m (45 second rest) 300m (3 sets); 350m (60 second rest) 350m (3 sets) 3x500m (500m walk rest) 600m-500m-400m-300m-200m (walk what you ran for rest)
Wednesday	ACTIVE RECOVERY	ACTIVE RECOVERY
Thursday	4x100m (25 sec. rest) 2 sets (full recovery between) Run 100m (walk back 50m) Run 100m (recover full lap) 200m (30 second rest) 200m 2x352 (full effort) full recovery between	4x100m (25 sec. rest) 2 sets (full recovery between) 200m (30 sec rest) 200m - 2 sets (full recovery between) 250/300m (40/45 sec rest) 150/100m - 2 sets (full recovery) 2x352 (full effort) full recovery between
Friday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100 (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS
Saturday-Sunday	ACTIVE RECOVERY	ACTIVE RECOVERY

# SPRINTS: 100M-400M (CHAMPIONSHIP PHASE)

CHAMPIONSHIP PHASE	(Training Period) 2-3 Weeks	
Focus Points	The focal points in this phase is developing high top-end speed and maximizing the conditioning of the body and the mind to hold that speed for as long as possible. In this phase we stress the importance of having the end in mind - meaning that we want to be running our fastest, our most efficient, and with the greatest results in the most important meets (CAAC-Blue Championships, Regionals, Honor Roll, and States).	
Training	All Sprinters (100m - 400m)	All Sprinters (100m - 400m)
Monday	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 5 x TAPE & ACCELL DRILL/6 FORM STARTS ( 20m) 4 X 40, 4 X 50, 3 X 60 (3 POINT STANCE) 6 X 50m SINGLE LEG HOPS (3 EACH LEG) MED BALL CIRCUIT/GRASS COOLDOWN	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 3 x TAPE & ACCELL DRILL/5 X 30 (3 POINT STANCE)  BOX DRILLS/MED BALL CIRCUIT/10 DIAGONALS
Tuesday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 500 - 400 - 300 - (56 400 BASE) WALK WHAT YOU RAN FOR REST MED BALL CIRCUIT/GRASS COOLDOWN	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 2 X 600 (1:45 - 70 @ 400) 400 WALK REST
Wednesday	ACTIVE RECOVERY	ACTIVE RECOVERY
Thursday	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 6 FORM STARTS (IN TURN)/200 (22 OR BETTER) 30 SEC - 200 2 SETS - FULL RECOVERY BETWEEN/MED BALL CIRCUIT/ GRASS COOLDOWN (CD)	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 8 X 300 (NO TIME JUST SMOOTH & CONTROLLED WORKING ON TECHNIQUE/ /MED BALL CIRCUIT/GRASS COOLDOWN
Friday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100 (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS
Saturday-Sunday	ACTIVE RECOVERY	ACTIVE RECOVERY

Workouts	Short Sprinters (100m - 200m)	Long Sprinters (200m - 400m)
Monday	5x20m, 4x30m, 3x40m, 3x30m, 3x40m, 2x50m, 1x60m 5x30m (2 sets)	5x20m, 4x30m, 3x40m, 3x30m, 3x40m, 2x50m, 1x60m 5x30m (2 sets)
Tuesday	6x250m (35-28 at 200) 2 minute rest 300-200-100 (39-26-13) 100m walk rest (2-3 sets) 400m walk rest 3x500m (500m walk rest) 300m-200m (walk what you ran for rest)	6x250m (34-27 at 400) 2 minute rest 300m (45 second rest) 300m (3 sets); 350m (60 second rest) 350m (3 sets) 3x500m (500m walk rest) 400m-300m-200m (walk what you ran for rest)
Wednesday	ACTIVE RECOVERY	ACTIVE RECOVERY
Thursday	4x100m (25 sec. rest) 2 sets (full recovery between) Run 100m (walk back 50m) Run 100m (recover full lap) 200m (30 second rest) 200m 2x352 (full effort) full recovery between	4x100m (25 sec. rest) 2 sets (full recovery between) 200m (30 sec rest) 200m - 2 sets (full recovery between) 250/300m (40/45 sec rest) 150/100m - 2 sets (full recovery) 2x352 (full effort) full recovery between
Friday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 6 X 100 (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS
Saturday-Sunday	ACTIVE RECOVERY	ACTIVE RECOVERY



## SETTING THE BLOCKS

1. Determine the “POWER LEG”
2. Place heel on the back of the starting line away from the finish.
3. Set blocks down in front of the toe.
4. Set the front pedal for the “POWER LEG”
  - Place heel at front of block; set up pedal in front of toe.
5. Back foot placement
  - BUNCHED
    - ✓ Take one half step back from the first pedal.
  - MEDIUM
    - ✓ Take one full step back from first pedal.
  - ELONGATED
    - ✓ Take about a step and a half back from first pedal.
6. Hands should be placed along the starting line about shoulder width apart.

## SET POSITION

Getting in the “SET” position:

1. Bring hips up just past the shoulders.
2. Arms should be parallel with the vertical plane of the starting line.
3. Spine should be in a neutral position with the head looking out about 1 meter in front of the starting blocks.
4. Heels should rock back against the pedals.
5. Pressure should be applied by both feet against the pedals and by both hands on the ground.
6. TRUST your hearing and focus on the gun – do not look around to see if anyone else moves.
7. Draw in breath to be exhaled gradually at the gun.

“COMING OUT” of the set position:

1. BOTH legs should push off out of the block simultaneously.
2. Arms should “split” with the “power” side arm coming out over the head first; followed by the opposite side.
3. Back leg should come straight off block 3-5 cm off the ground.
4. Athlete should “DRIVE” out of the blocks – taking short “POWERFUL” steps for at least 30-35 meters.
5. Stride length and frequency should increase with each successive step.

## PROPER FORM

- Start with the BASICS
  - Arm Action
    - ✓ Shoot for 90'
    - ✓ Hand – "HIPS TO LIPS"
  - Drills
  - STRESS PROPER FORM AT ALL TIMES AND IN EVERYTHING WE DO!
- DORSIFLEXION
  - Why is it important?
  - Drills
    - ✓ Claw Drills
      - Draw IN
      - Pelvic Tilt
    - ✓ Wall
    - ✓ Side Lying
    - ✓ 8 Way Leg Swings
- IMPROVING ACCELERATION FORM
  - Wall Drills
    - ✓ Keep Body in a straight line.
    - ✓ Back leg and front shin should be at the same angle.
  - Speed Harness
  - Face-to-Face Drill
    - ✓ NEVER OVER-RESIST → that is a great way to get hurt, fast!
- FORM DRILLS FOR MAXIMUM VELOCITY
  - A-Skips
  - B-Skips
  - Alternating A's & B's
  - But Kicks
    - ✓ Don't reveal the heel
    - ✓ Quick step alternating butt kicks
  - Fast Leg
  - Hurdles
    - ✓ March
    - ✓ Fast Leg
  - Ankling
  - Step Over Run
  - 3-3-5's