

# Training for Sprints and Jumps

# STIMULUS THRESHOLD

Optimum Not Maximum

Easy Fast!

# Warm-up & Preparation

1) Mini Band Routine (Band above ankles)

Sidestep      Walk - Forward/Back Carioca      Monster Walk

2) Balance & Stability

Single Leg Squat (Hold each position five counts)  
Straight Ahead      Side      Rotation

3) Basic Core – Walking Forward & Back (3 Kg Med Ball)

Wide Rotation x 20      Tight Rotation x 20      Side to Side x 20  
Chop to Knee x 20      Figure 8 x 20

4) Lunge & Reach Series( 2 reps in each plane – Forward/Side/Rotational)

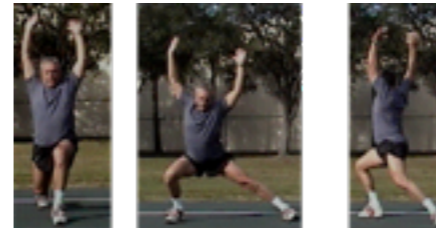
Reach Up      Reach Out & Down      Reach Across

5) Crawls

Jack Knife Crawl x 5      Creepy Crawl x 5

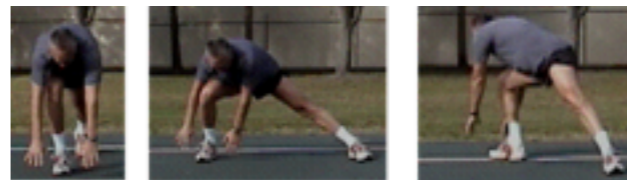
5) Active Stretch ( No more than two minutes)

Calf      Hamstrings      Psoas      Lats      Pecs



6) Coordination (All @ 30 meters x 2)

Skip  
Crossover Skip  
Side Step  
Carioca  
Backward Run  
High Skip  
High Skip with Rotation



7) Accelerations

4 - 6 x 40 to 60 meters



# Speed - Skill (SSK)

Rope Skip Run

OH Stick Run

Mach Drill Series

A1, A2, B2, A3

Bosch Tap Drills

Stair Sprints (Every Stair - 20 Steps)

Fast Leg Combinations

Challenge Workout

How far in ten steps using drive action

How far in ten steps pulling sled

How few steps in 30m using drive action

# Technique

## Basic Sprint Mechanics

Start

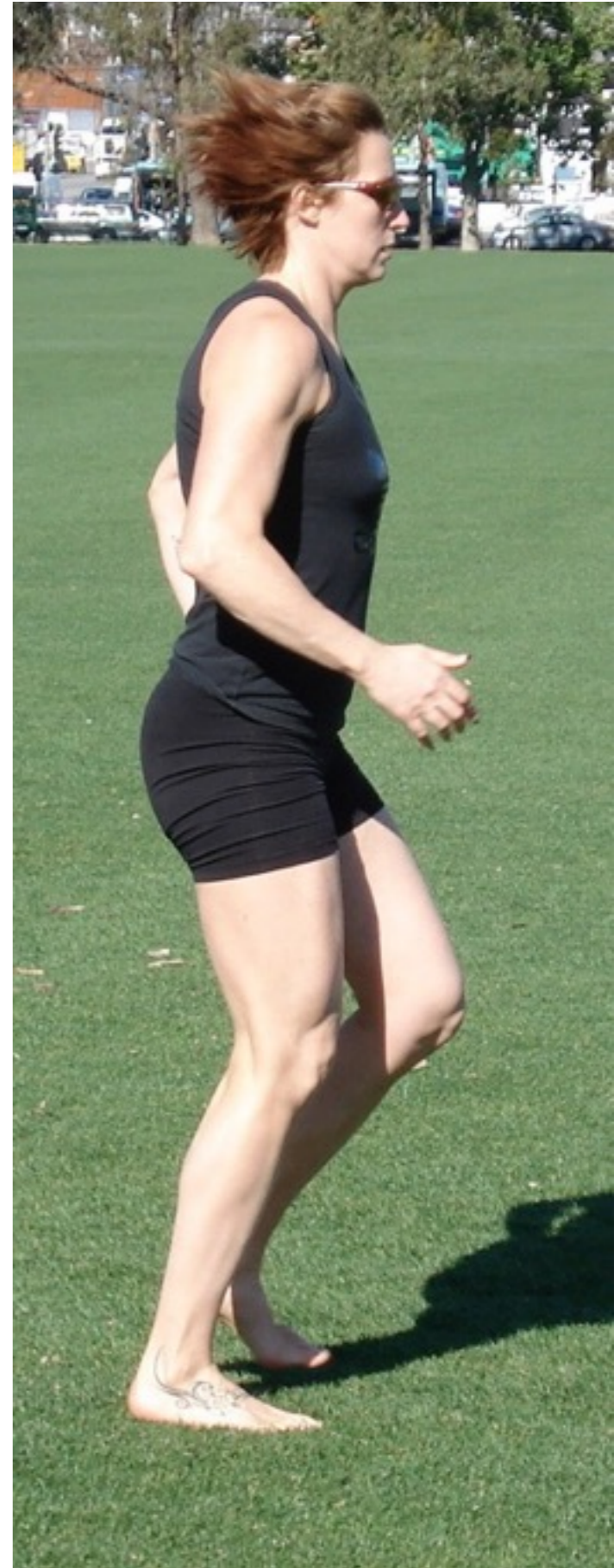
Acceleration

Turn Technique

Into Turn

In the turn

Off the Turn



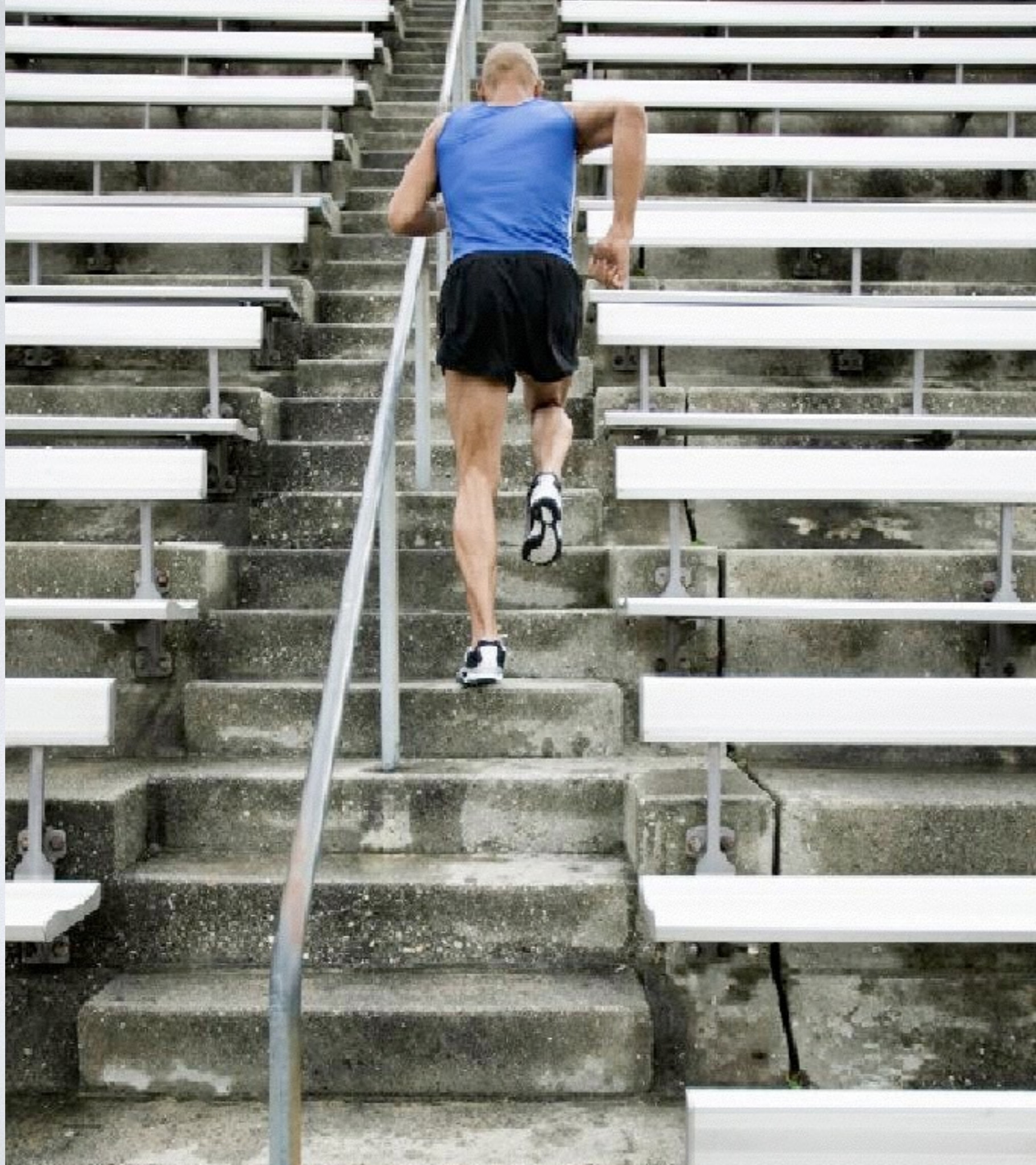
ESER. 5











# TECHNIQUE UNDER FATIGUE (TUF)

Why

When

How

# Use Resistance & Assistance Appropriately

**Ratios /**

Resistance : Assistance : Normal

Assistance : Resistance : Normal

# Resistance



Harness

Hills

Sled

Sand

Stairs

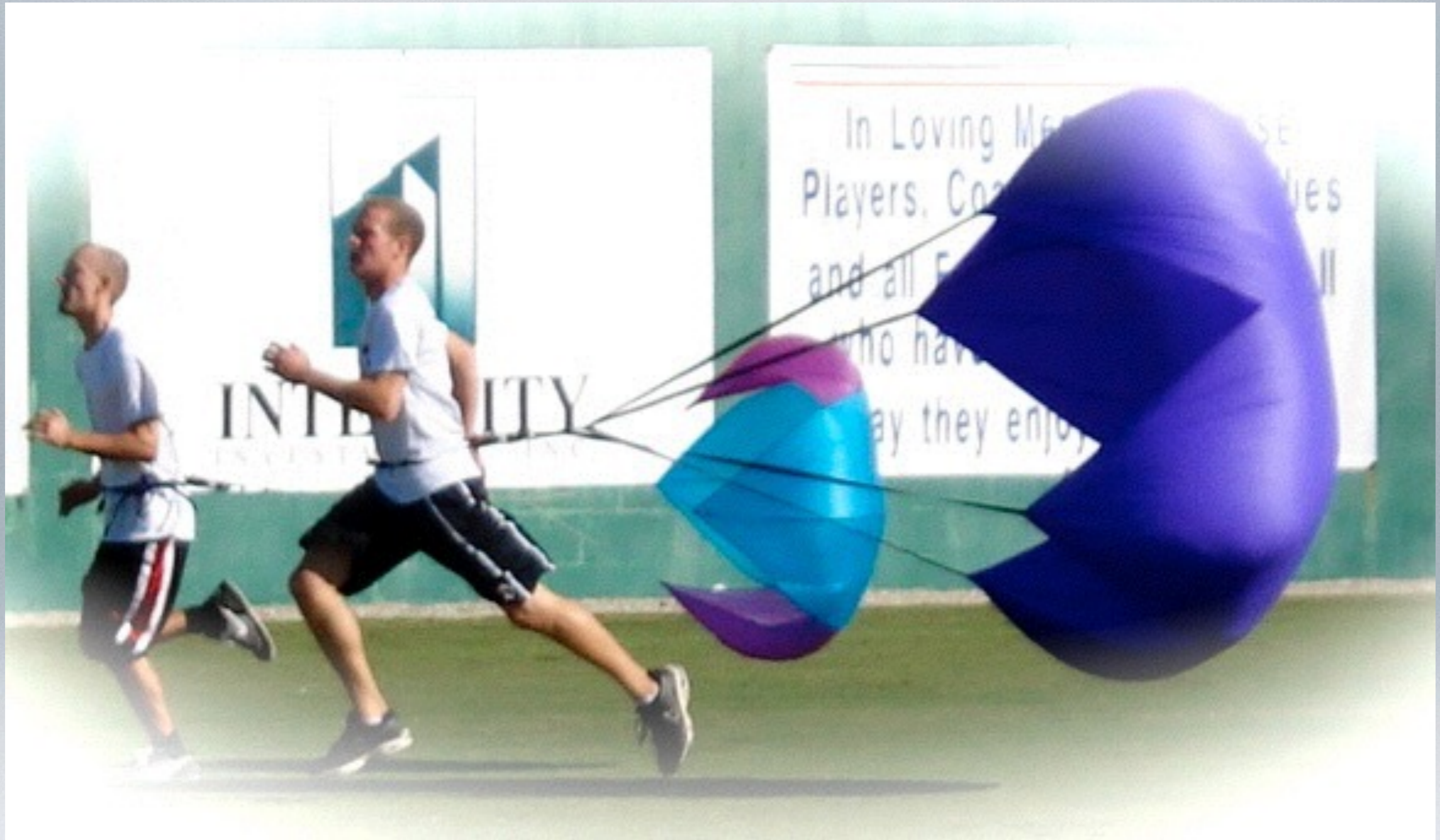
Parachute













# Assistance

**Release / Free**

Pulley

Downhill

Wind

Towing

# Strength



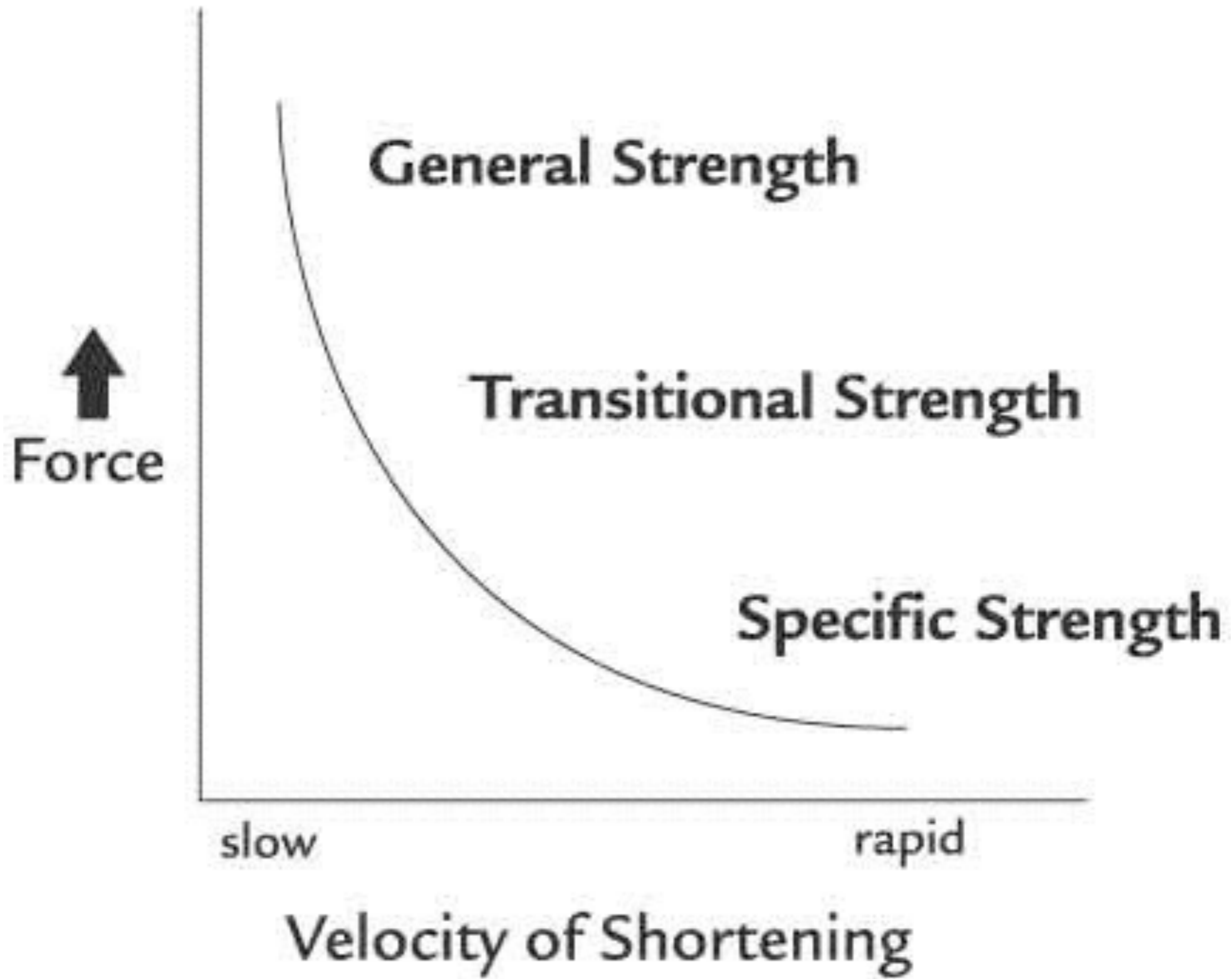
Get beyond  
Weight Room  
& Out From  
Under a Bar



# Strength Training

Coordination training with appropriate resistance to handle bodyweight, project an implement, resist gravity and optimize ground reaction forces





**Power Lifting**  
Squats  
Deadlifts  
Bench press  
Chin ups etc.

**Plyometrics**  
Med Ball Drills  
Resisted speed  
Reaction Drills

**Olympic Lifting**



A photograph of two women performing a lunge exercise outdoors on a paved area. Both women are holding a large yellow ball above their heads with both hands. The woman on the left is wearing a black tank top and black shorts, while the woman on the right is wearing a white tank top and dark shorts. They are both in a lunge position with their right legs forward and left legs back. The background shows a grassy area, trees, and parked cars, including a red SUV and a white car.

Bodyweight Before  
External Resistance

In a Career  
In a Year

# Training Components

## Strength Training

### Total Body

DB High Pull

DB Snatch

Jump Shrug (Db)

*Dumbbell Complex*

### Lower Body

SLS

BW Squat

Lunge

Step-up

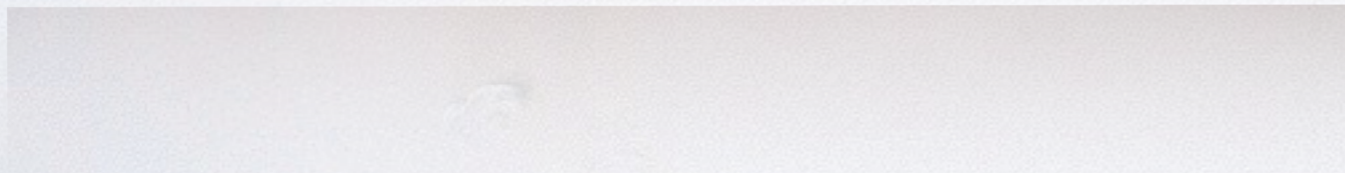
Mini Leg Circuit

1/2 Leg Circuit

Full Leg Circuit

# Pulling

DB One-Arm  
Snatch

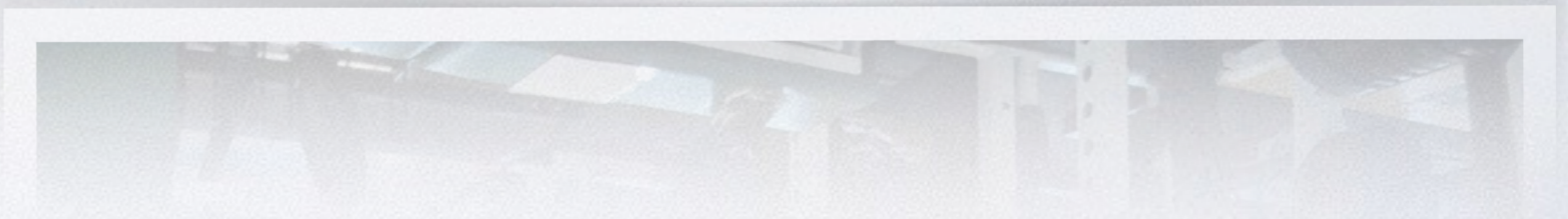
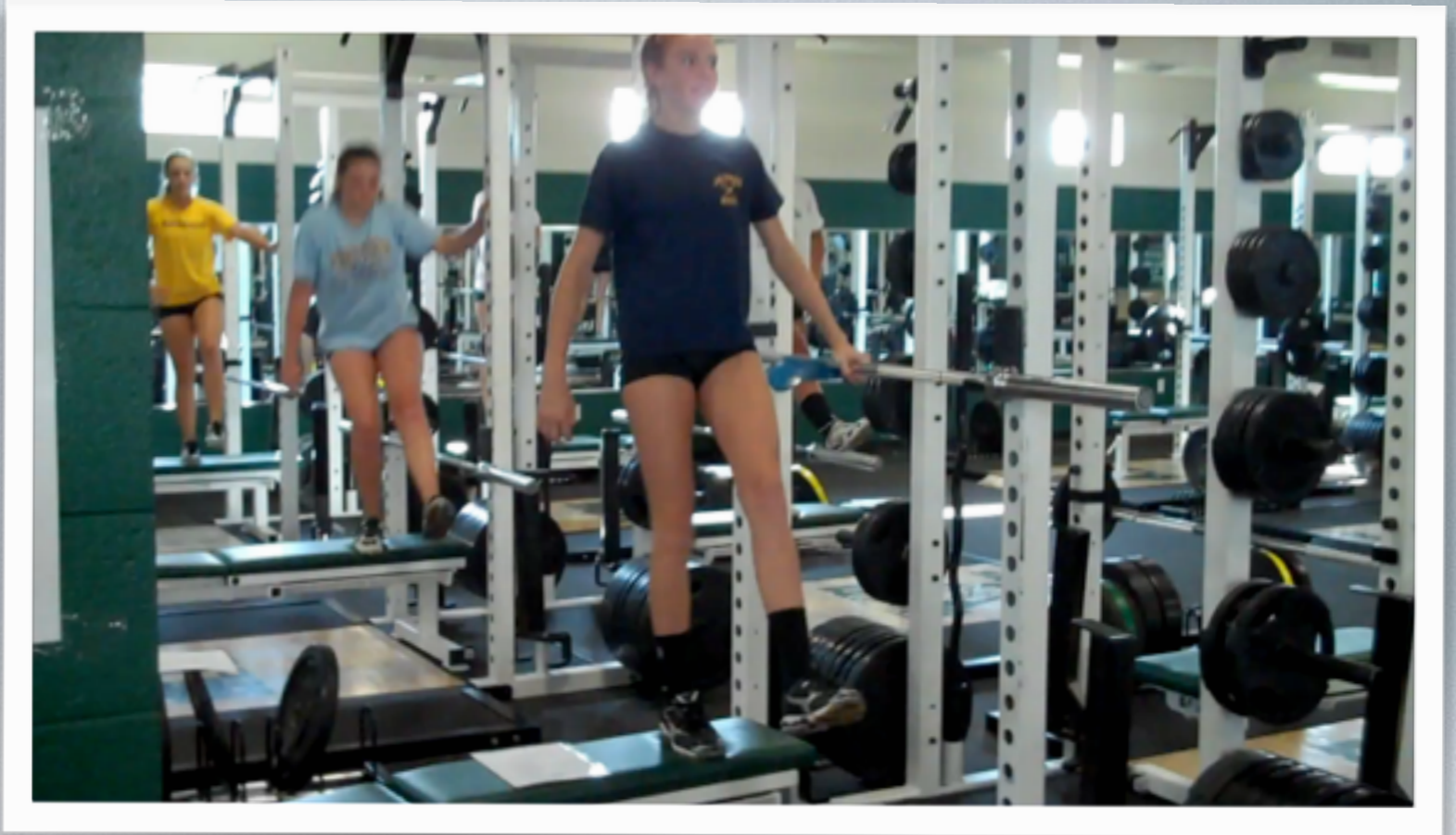




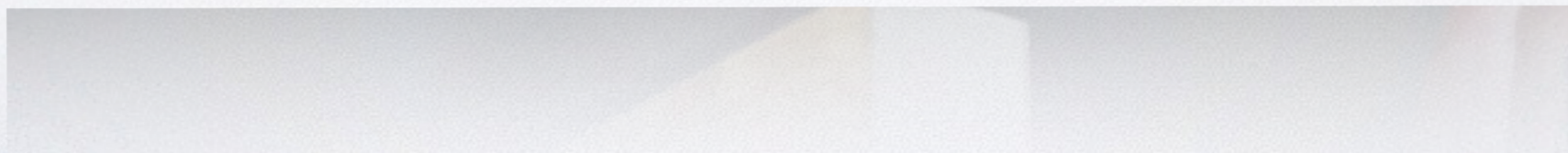


# SLS

Training = Testing  
Testing = Training



# High Step-up



## Mini Leg Circuit I

Squat x 3

Lunge x 3 each Leg

Step-up x 3 each Leg

Jump Squat



# 1/2 Leg Circuit

Squat x 10

Lunge x 5 each Leg

Step-up x 5 each Leg

Jump Squat x 5

# Leg Circuit

Squat x 20

Lunge x 10 each Leg

Step-up x 10 each Leg

Jump Squat x 10



## Dumbbell Complex

High Pull x 6

Alt Press x 6 each

Squat x 6

Row x 6 each arm

# Training Components

## Strength Training

### Upper Body

Push-ups

Pull-ups

Pullovers

Rows

Front Pulldowns





# Core Strength & Stability

Core before extremity  
strength

Emphasize all planes of  
motion



“Crawling, a cross lateral movement, activates development of the corpus callosum (the nerve pathways between the two hemispheres of the cerebrum). This gets both side of the body working together, including the arms, legs, eyes and ears. With equal stimulation, the senses more fully access the environment and both sides of the body can move in a more integrated way for more efficient action.” (Hannaford 1995)



# Plyometrics

Goal is to raise explosive power

Not for Conditioning!

**Plyo's**



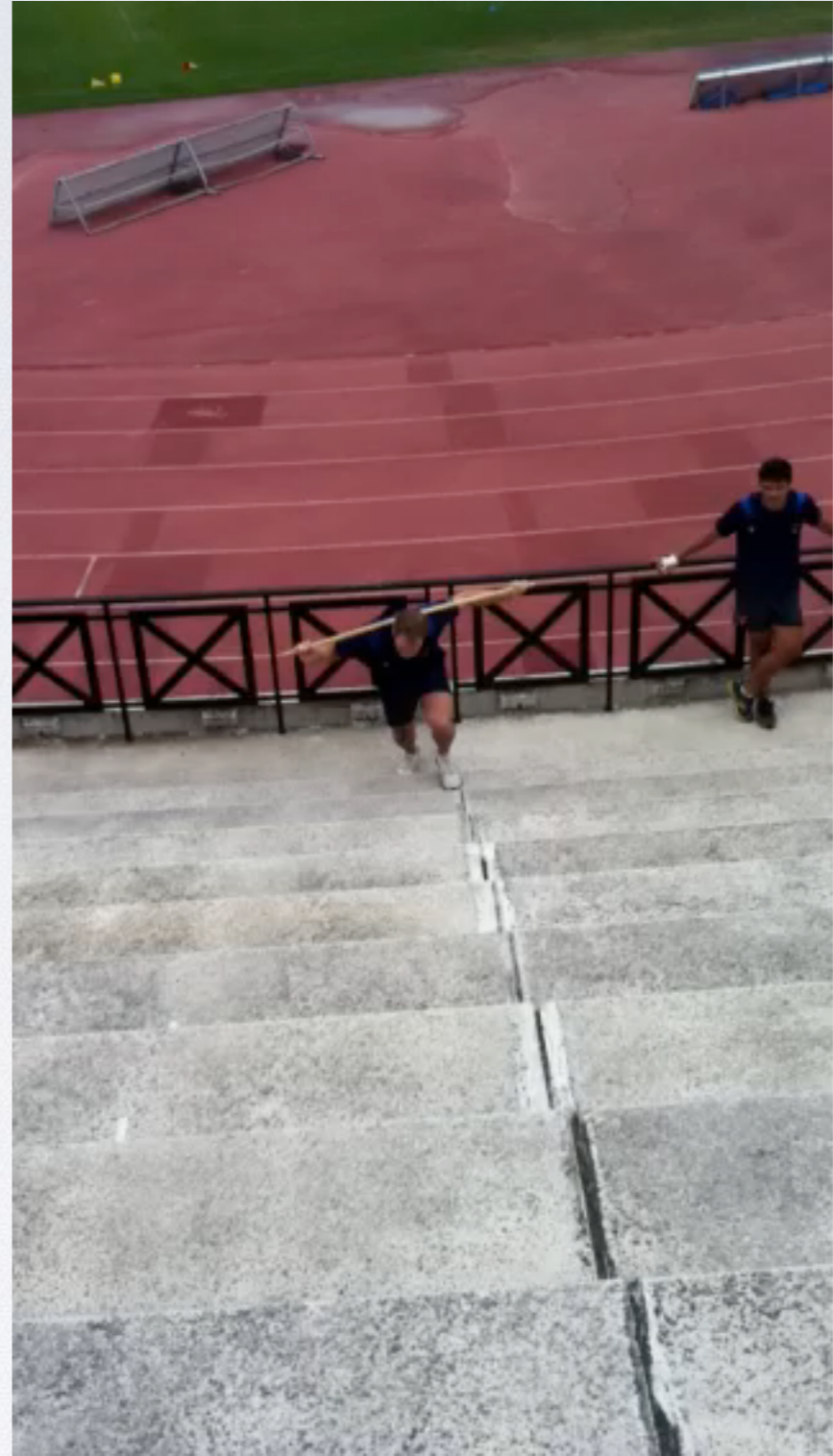
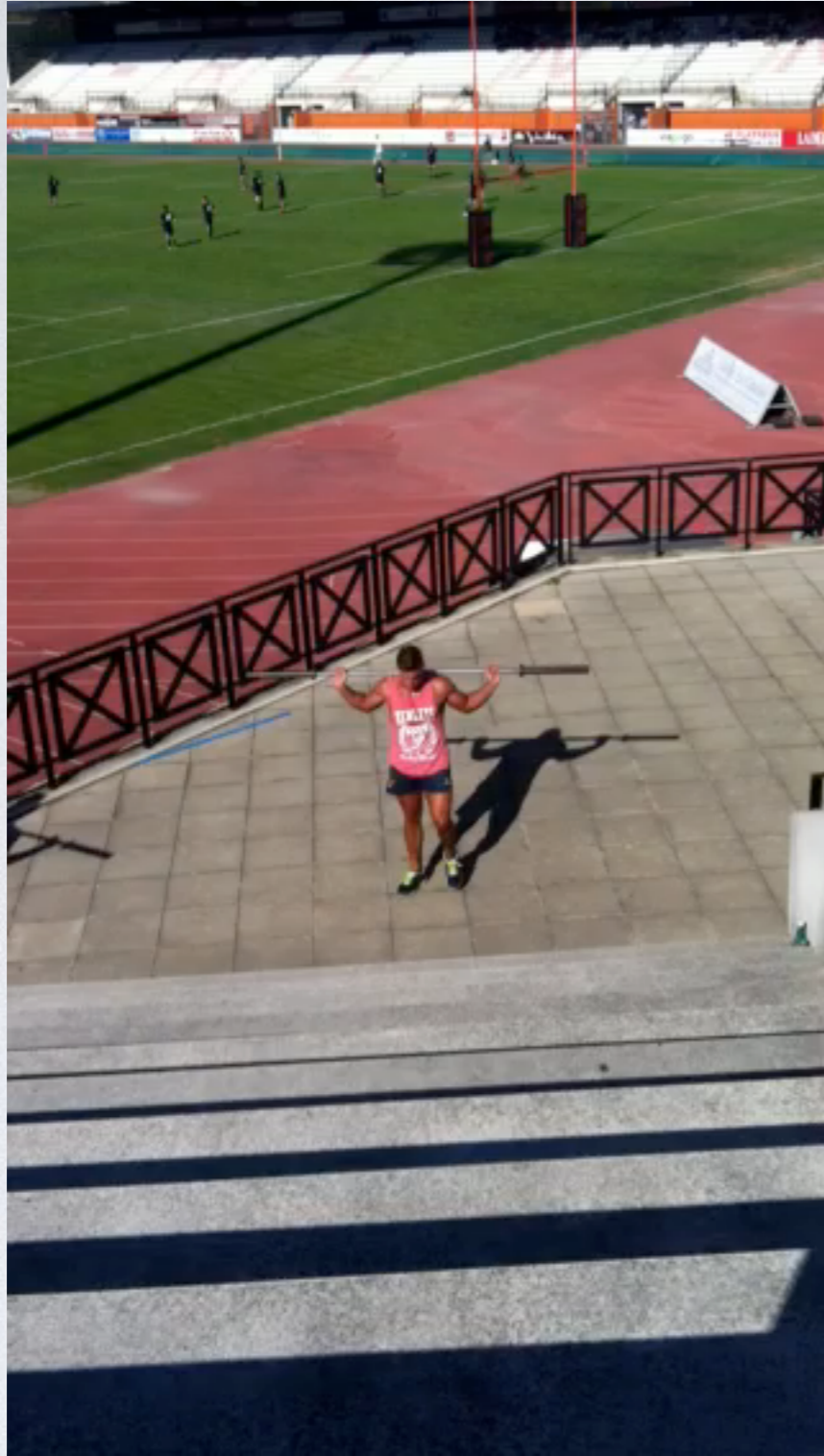












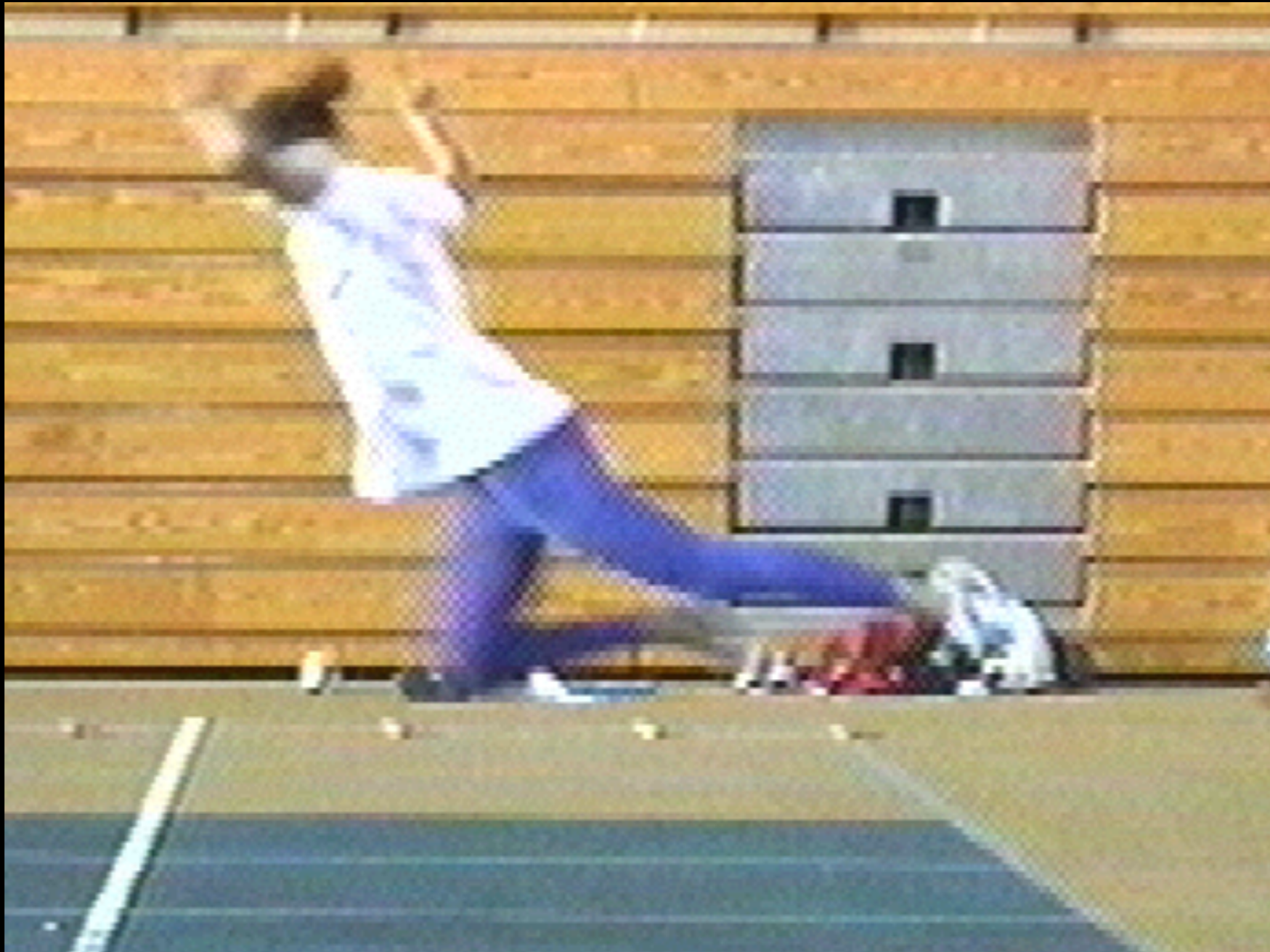
# Standing Long Jump Start



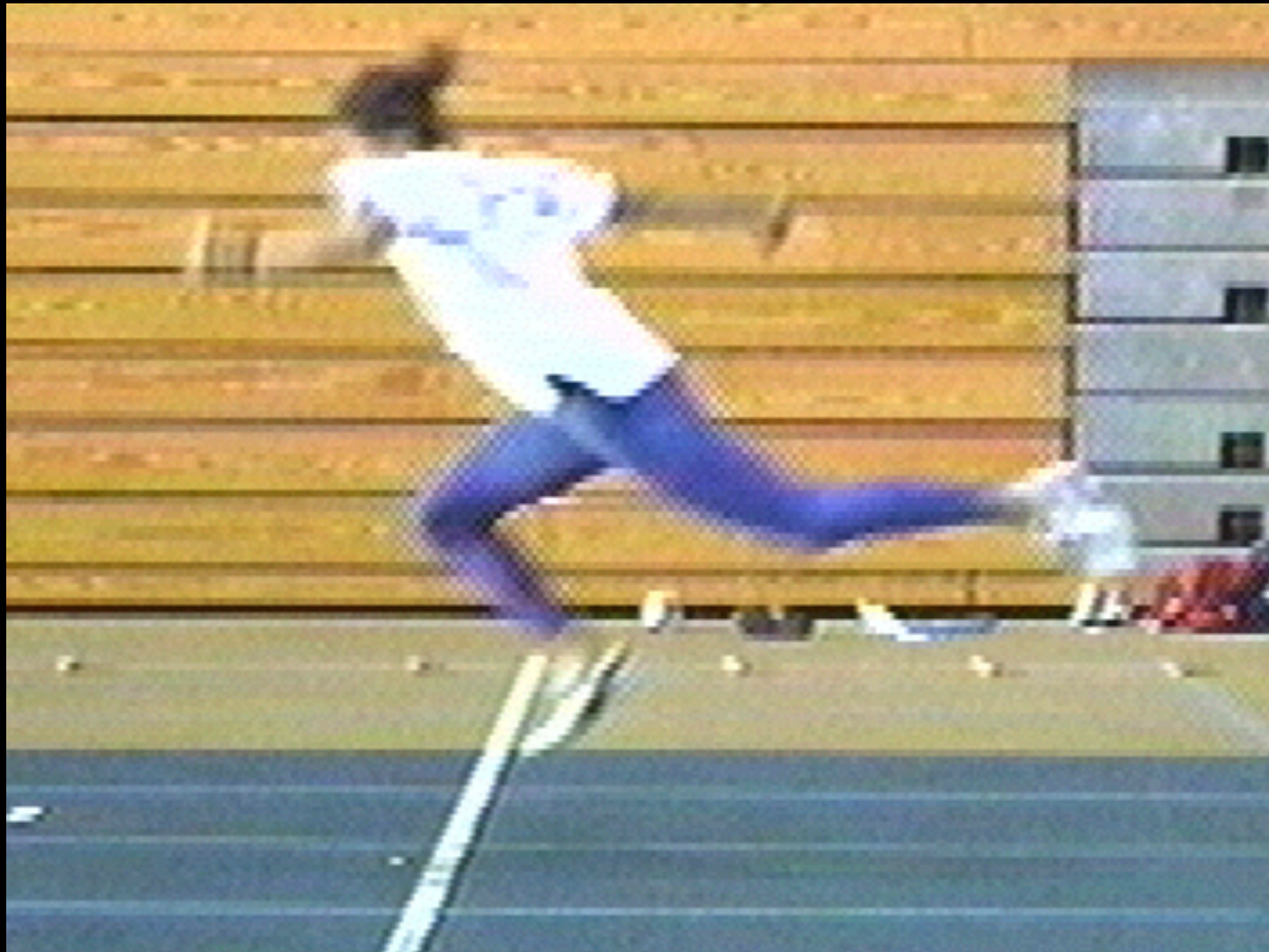
# Standing Long Jump Start



# Standing Long Jump Start



# Standing Long Jump Start



# Standing Long Jump Start







# Training Components

Flexibility  
Dynamic  
Static





# Put everything in context!

Where does it fit with what you did yesterday and what you are going to do today? As well as what you are planning tomorrow

# *Gambetta*

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