

2016 HOKA SuperClinic

Mike Holman-Relays: Team USA Can We Just Get the Stick Around-Lessons For HS Teams

RELAYS: HOW DO WE GET THE STICK TO THE FINISH LINE? LESSON OF RELAYS-HS, COLLEGE, OLYMPICS & WORLD CHAMPIONSHIPS

I. RELAY LEGS

- A. LONG LEG?
- B. PLACEMENT OF PERSONNEL
- C. FASTEST RUNNER
- D. LEAD OFF LEG
- E. 2nd LEG MUST BE GOOD WITH BATON IN LEFT HAND
- F. 3rd LEG-SET UP SPRINTER
- G. ANCHOR-POISE & COMPETITIVE NATURE

****Ability to finish is the key to ALL legs.

II. EXCHANGE ZONE

- A. FLY 30's USING FREELAP TIMING STICKS
- B. SPEED OF INCOMING RUNNER vs. SPEED OF OUTGOING RUNNER
7-7.5 m/s vs. 10-10.5 m/s

VELOCITY AT 40m & 100m ARE ABOUT THE SAME/SO 40m or so for incoming runner to start is about the same-BEST TRAINING SESSIONS FOR EXCHANGES

- C. TIMING THE BATON THRU THE ZONE
- D. 2 TYPES OF TRAINING SESSIONS

1. EXCHANGES ARE PRIMARY FOCUS-1st AND MAIN TRAINING FOR DAY
2. MEET MODEL-LIGHT TRAINING FOR INDIVIDUAL EVENTS THAT ARE BEFORE THE 4X100 AND THEN PRACTICE EXCHANGES

*****EXCHANGES ARE ALWAYS FULL SPEED-i.e. NEVER 75%/BEIJING

*GENERAL THOUGHTS: MAKE PRACTICE AS COMPETITIVE AS POSSIBLE
MUST LEAR TO ATTACK THE ZONE-BEST RELAY TEAMS ATTACK THE ZONE
TEAM CHEMISTRY
GO MARKS: 4' ZONE/EARLY SEASON, 18-22'/LATE SEASON, 22-24'*

III. RELAY EQUATION-MIKE HOLLOWAY, UNIV. OF FLORIDA

- A. TAKE SPRINTERS 4 CURRENT PR's AND SUBTRACT .24 FROM EACH
- B. ADD TOGETHER FOR TOTAL TIME AND SUBTRACT 1.61 FOR 4 X 100 RELAY TIME

EXAMPLE: EACH SPRINTER HAS A CURRENT PR OF 11.00 FAT. IF YOU SUBTRACT .24, EACH SPRINT TIME WOULD = 10.76

TAKE 10.76 X 4 = 43.03 AND SUBTRACT 1.61 = 41.43

MARIAN UNIVERSITY OUTDOOR NATIONALS

40.41 PLUS 1.61 = 42.02 FOR AN AVG. 100m TIME FOR EACH: 10.75

ACTUAL TIMES:

1. _____ 2. _____ 3. _____ 4. _____

*IF YOU CAN SELL IT
IF YOU CAN TEACH IT
IF YOUR ATHLETES CAN EXECUTE IT
THEY WILL HAVE THE OPPORTUNITY TO BE SUCCESSFUL*

	first step	1st leg 90 meters	exchange 20 meters	2nd leg 80 meters	exchange 20 meters	3rd leg 80 meters	exchange 20 meters	4th leg 90 meters	Total Exch Time
Team		Martin		Padgett		Patton		Dixon	Stockholm
split		9.61	11.56	18.59	20.64	27.84	29.73	38.21	prelim
interval			1.95	7.03	2.05	7.20	1.89	8.48	5.89
Team		Trammell		Spearmon		Crawford		Rodgers	Stockholm
split		9.41	11.33	18.54	20.60	27.71	29.66	37.99	final
interval			1.92	7.21	2.06	7.11	1.95	8.33	5.93
Team		Martin		Padgett		Crawford		Patton	London
split		9.53	11.42	18.44	20.35	27.64	29.61	37.80	final
interval			1.89	7.02	1.91	7.29	1.97	8.19	5.77
Team		Dixon		Spearmon		Merritt		Rodgers	London
split		9.66	11.58	18.70	20.70	28.30	30.18	38.42	final
interval			1.92	7.12	2.00	7.60	1.88	8.24	5.80
Team		Dixon		Martin		Patton		Padgett	Monaco
split		9.64	11.68	19.03	21.17	28.58	30.40	38.41	final
interval			2.04	7.35	2.14	7.41	1.82	8.01	6.00