

How to Get the Most Bang for Your Buck

Coaches Time Management

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I. Why bang for your buck?

1. Coaches Have limited Time
 - a. The track season is from early February to mid May
 - b. About 15 weeks from first day to league championships
 - c. High school teams have limited training hours each day
 - d. About 2 hours a day for practice, 10 hours a week, not realistic
 - e. Once competition begins there is even less time
2. Maximize time available
 - a. Break the season up into three segments
 - b. Preseason, Midseason, Championships
 - c. Plan what type of training to do in each segment
 - d. Plan around meet schedule
3. Plan your practice day and week
 - a. What is most important thing to spend your training time doing?
 - b. Number 1 is throws and drills-about 60%
 - c. Number 2 is strength training-about 25%
 - d. Number 3 warm-up, agility, mobility, mindset-about 15%
4. You can over train during the season
 - a. It is easy to over train the athlete
 - b. Side effects- loss of strength/endurance, loss of motivation, loss of focus, chronic soreness, joint pain, lowered immune system
 - c. Kids have busy lives, help them stay in balance
 - d. Watch how your athletes look and move
 - e. Have a quick conversation with each athlete
5. Must peak at the right time
 - a. We want the best results at the right time
 - b. Focus your training on getting those results
 - c. Physical peak makes the athlete feel confident
 - d. Championships occur during finals, most stressful time

II. Focus every practice on throwing and throwing drills

1. Getting to be a better thrower is the goal of every throws practice
 - a. New throwers get the most benefit from a high volume of throwing and drills
 - b. Build your practices around maximizing the time spent on throwing
 - c. No matter the technique used every practice should have plenty of standing and full throws
 - d. Try to make use of time outside the ring by doing drills
 - e. Focus on a technique aspect in every practice

III. Maximize time spent strength training

1. Use progressive overload to gain maximum benefit
 - a. What is progressive overload
 - b. You need to challenge the muscles every time they work out
 - c. Increasing the difficulty of the exercise is the only way to do that
 - d. Changing weights or reps or rest time
2. How to use progressive overload
 - a. The body adapts to demands every workout
 - b. Changes must be made every workout
 - c. Reasonable changes must be made though
 - d. Plan the changes ahead of time
 - e. Be flexible with the adjustments
 - f. Not every athlete progresses at the same rate
3. Recovery
 - a. Training at max efforts for sustained periods is risky
 - b. The longer the period the higher the injury risk
 - c. Planned periods of rest will help minimize that risk
 - d. Extended training can also drain the body and mind, lowering the immune system
 - e. Recovery will help revitalize focus and energy

IV. Strength Training

1. Primary exercises for throwers
 - a. Four Primary lifts- Olympic Lifts, Pushes, Squats, Core
 - b. Clean and Jerk, Snatch, One Hand Snatch, Alternative Lifts
 - c. Bench press, Overhead press, Dips, Alternative Presses
 - d. Back Squat, Front Squat, Dead Lift, Alternative squats
 - e. Frontal Ab exercises, Twists, Core Stability
2. Secondary exercises for throwers
 - a. Pulls, posterior chain, plyometrics
 - b. Row, Upright Rows, Pull-ups, Alternative Pulls
 - c. Back extensions, Straight leg dead lift, Reverse Hyperextensions, Superman
 - d. Box Jumps, Standing long Jump, 1 Leg bounding, Med Ball throws

V. Nutrition

1. Gaining weight or Losing Weight
 - a. Figure out caloric maintenance level
 - b. Caloric Surplus- to gain weight
 - c. Caloric Deficit- to lose weight
 - d. Protein, Fat, Carbohydrates,
 - e. Water, Supplements and Vitamins/minerals
2. Relaxation and sleep
 - a. Athletes need sufficient sleep- 8 hours

- b. Best sleep is before midnight
- c. Athletes need to recharge their brains
- d. Relaxation recharges focus, will and discipline
- e. Encourage time away from tv, phones, video games and computers

VI. Appropriate Focus and Effort

1. Consistency of Effort
 - a. Progress is made through repeated efforts
 - b. Inconsistent training hinders progress
 - c. Consistent training builds discipline
 - d. Consistent training builds muscle memory
2. Amount of Time
 - a. It takes time to build muscle, to develop strength, to create muscle memory
 - b. The more time devoted to throwing and strength training the more progress can be made
 - c. But there is a point of diminishing returns
3. Tracking Progress- feedback loop
 - a. Track progress to monitor progressive overload
 - b. Track progress to analyze training plan
 - c. Track progress to decide what needs to be worked on
 - d. Track progress to plan for future
 - e. Motivation gained from seeing progress
4. Try to have some fun