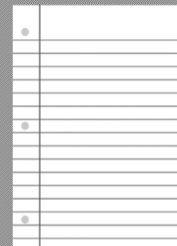


# Coaching the Sprints: Putting the Puzzle Pieces Together For Successful Training

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 Bishop O'Dowd High School

## OUTLINE

- Introductions
- Background
- Planning Cycles
- A Practice Day
- Coaching 100/200-200/400
- Q & A



## INTRODUCTION

- Professor at SFSU in Language, Literacy, and Culture
- Started coaching as a favor
- CA Track Club and high school for 19 seasons
- Level 2 Certified in sprints, hurdles, jumps, and relays
- Emerging Elite Camp 2006
- Coach of the Year Finalist 2016/2017 ; winner 2012

## GUIDELINES

- I LOVE GUMBO!!!!
- Many different ways to get desired results
- What works for me may not work for you
- Workouts are based on your philosophy and your system
- YouTube can be your biggest friend or for or both
- KISS

## PLANNING

- Macro- This is your year plan that includes general prep, precompetition, competition, and championship season.
- Meso- This is your 2-3 month cycle
- Micro- This is your week cycle

## SAMPLE

Sample Training Plan, One Peak/Macrocycle, 16 Total Weeks																
Month	February				March				April				May			
Days (Mondays)	1	8	15	22	1	8	15	22	5	12	19	26	3	10	17	
Competitions								X	X	X	X	X	XC			XC
Annual Plan	Annual Plan															
Macrocycle	Macrocycle															
Phases	Preparatory								Competition							
Periods	General Preparation				Specific Preparation				Precompetition				Competition			
Mesocycle	1				2				3				4			
Mesocycle Themes	Technique & Work Capacity				Speed & Strength				Synthesis				Peaking			
Microcycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

## PRACTICE DAY

- 2-4 LAPS
- WARM UP (4)
- Drills- jump rope, plyos, wickets, jumps, wall, med ball, ladder, walk overs, reaction drills, circuits
- Workouts- acceleration, speed, speed endurance, speed endurance II, specific speed, tempo
- Core
- Weight room

## 100/200

- Blocks
- Acceleration
- Speed
- Speed Endurance
- Weights

## KENNY O'NEAL



## 200/400

- Blocks
- Acceleration
- Speed
- Speed Endurance
- Weights

## TIERRA ROBINSON JONES



- From East Oakland
- Sister ran in college
- CATC/Bishop O'Dowd
- Running since 7 YO
- #2CA/#10US in 400m
- #39 World U20
- Signed to Texas A&M



## THINGS TO REMEMBER

- Emphasize warm up (feet first) and cool down
- Sets of 1x3-4 or 2x3
- Rest 3, 6, or 9 min
- Stay on the side of caution
- Less is more

## BISHOP O'DOWD 4X400

- Marnae Glover- 11<sup>th</sup>
- Tierra Robinson- Jones- 11<sup>th</sup>
- Lauryn Moore- 12<sup>th</sup>
- Jasmine Powell- 10<sup>th</sup>



## Q&A

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