


Model Coach

► Visualize Victory! But the only way to say I won is to start with now I. -Dad



Attributes Athletes Look For In A Coach

Support and Personal Concern

Fairness and Consistency

Confidence

Approachability

Motivation

Competence

P – O – L – C  
Planning, Organizing, Leading and Controlling

- Working on the fundamentals of team management will lead to success as a coach.
- Working on the fundamentals in training will lead to success as an athlete.

Carpenter, Mason. PRINCIPLES OF MANAGEMENT VERSION 2.0. [MBS Direct].

Planning



Carpenter, Mason. PRINCIPLES OF MANAGEMENT VERSION 2.0. [MBS Direct].

And the O – L – C

Organizing  
Establish Culture

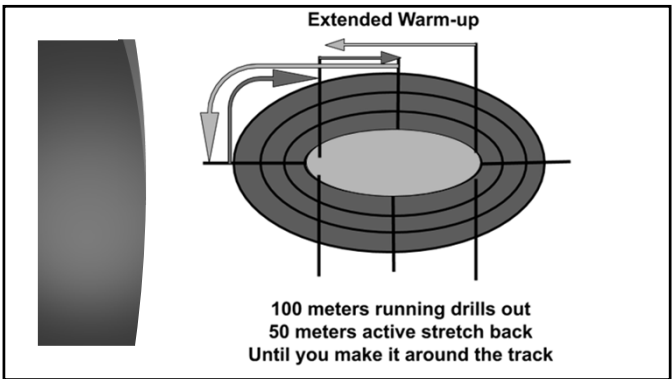
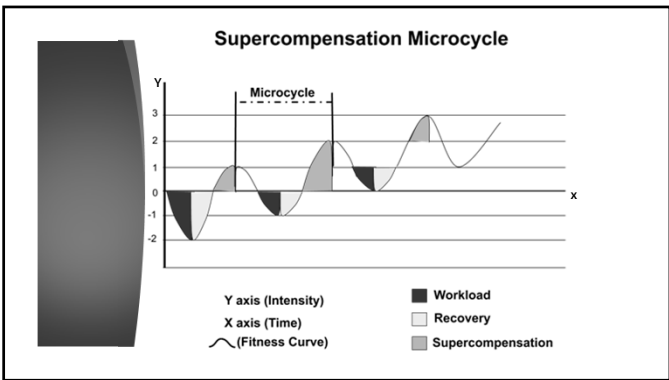
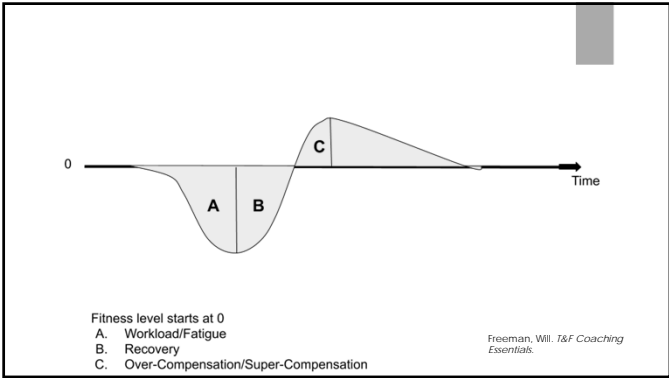
Leading  
Directing  
Coaching  
Supporting  
Delegating

Controlling  
Systems and Process

Carpenter, Mason. PRINCIPLES OF MANAGEMENT VERSION 2.0. [MBS Direct].

Macrocycle	Track and Field 2020						
Periods	Preparation			Competition		Transition	
Phases	General	Specific 1	Specific 2	Pre-comp 3	Comp 4	Peak 5	Transition
Microcycle	Dec	Jan	Feb	Mar	Apr	May	Summer/Post-season

Foundational Principles  
+ Preparation, Competition, Transition



Preparation Period: Sprint/Hurdles Phases 1 & 2

### Speed Development Training

- Acceleration Development  
(Drive Phase)
- Speed Development
- Speed-Endurance



Mobility



Abs

### Coordination Training:

- Single leg (SL) balance (hold knee to chest)
  - SL balance (on balance disc)
  - SL reach (T formation arms fwd, leg back)
  - SL hip rotation (Hold knee up and rotate out from center)
  - SL lift and chop (holding med ball/weight)
  - Bird dogs\*
  - Plank
  - Side plank
  - SL Bridges with hip abduction
- Club 60: 60 seconds of each core before exercise
- Crunches
  - Tabletop crunches
  - Bicycles
  - Rope climbs
  - Mt. climbers
  - Push-ups

### Strength Training:

- Upper body using bands/cables 3 sets of 30 seconds reps
- Chest flies
- Lat pulls
- Reverse flies
- Push-ups (bodyweight)
- One arm lateral raise (abduction)
- One arm forward raises (flexion)
- Military press
- Wood chops

- Lower body exercises using your own bodyweight or mini band 3 sets of 12-20 reps
- Multiplanar step-up to balance (1 set forward, 1 lateral, 1 rotational)

- Mini band hi knees
- Mini band fire hydrants
- Mini band donkey kicks
- Heel raises
- Single leg romanian deadlift
- Hamstring curl on ball
- Overhead squat with mini band around thighs



Circuit Training

Preparation Period: Sprint/Hurdles Phases 1 & 2

## Preparation Period: Sprint/Hurdles

### Phase 2 General Plan

- Speed Endurance
- Elastic Strength
- Special Strength (relative)
- Special Endurance (200m, 400m)
- Speed Mobility

### Sample Microcycles-

[https://docs.google.com/presentation/d/1104PD\\_QxMRW-fAGaZgWK3cEyl46sYyJPODj8EDpeQUs/edit?usp=sharing](https://docs.google.com/presentation/d/1104PD_QxMRW-fAGaZgWK3cEyl46sYyJPODj8EDpeQUs/edit?usp=sharing)

### CheckBox Fitness Doc-

<https://forms.gle/3chAXkACPRfKySx47>

### References:

1. Freeman, William. *Peak When It Counts 4th Edition*
2. Freeman, William. *Track and Field Coaching Essentials. 2015*
3. Daniels, Jack. *Daniels' Running Formula. 3rd Edition*
4. Instagram for Coach John Smith and Gags photo and quote
5. G:FIT Bootcamp, LLC for workout videos

Granvillefit.com