

## **Bayview Glen Track and Field Coaching Manual**

## Track and Field Practice Plan

The table below offers a suggested plan of activities for each week. The first 3 practices should be devoted to introducing each event to the athletes and familiarizing them with common practice routines. 2 and 3-week practice plans assume a knowledge of the activities involved on the part of the athlete. Refer to details for a specific day for a detailed agenda. Sample outlines can be found in the supplementary section.

	Description	Equipment List
First 3 days	<b>Day 1</b> (first afterschool practice) Predictive testing of athletes - data for standing long jump, vertical jump, 5 founds, standing/flying 30m, 60m, stride frequency, stride length	2 tape measures 3 stopwatches blank posterboard weight scale 10 pylons, rake
	<b>Day 2</b> (first morning practice) Distance running / jumping Circuit training <b>Introduction to weightlifting</b>	1 stopwatch 1 tape measure 10 pylons, rake <i>station-specific            equipment</i>
	<b>Day 3</b> (second afterschool practice) <b>Introduction to hurdles and shot put</b> <b>Introduction to sprints and long jump</b>	20 hurdles 2 shot put tape measure
3-day week	<b>Day 4</b> Sprinting Common practice elements of all events <b>Introduction to relays</b>	4 batons stopwatches
	<b>Day 5</b> Distance drills Hurdles, Jumping, Shot put (athlete's preferred field event)	2 shot put, rake 2 tape measures 20 hurdles
	<b>Day 6</b> (morning) Weight training Running (all events), jumping	1 tape measure rake 2 stopwatches weight room

2-day week

<b>Day 7</b>	Sprinting drills (distant running unnecessary) All field events	stopwatch 2 shot put hurdles, rake 2 tape measures
<b>Day 8</b>	Weight training All field events	stopwatch shot put hurdles 2 tape measures rake
<b>Day 9</b> <b>(last practice before meet)</b>	Distance jog Jumping, bounding Relay practices Circuit training <b>RELAXED PRACTICE!!!</b>	rake, 4 batons 10 pylons jump ropes 20 hurdles

Suggested agenda details for each day follow:

## Day 1

Introduction	(5 mins)
2 laps (EASY) warm-up, stretch	(10 mins)
Half the group will go to one side of the track to do 60m trials. * 2 timers and 1 counter needed The other half will go to the other side to do their standing long jump and 5 bounds tests. * 1 measurer needed	(20 mins)
B R E A K	(10 mins)
200m sprint – 2 or 3 shifts	(10-15 mins)
Go back to school to determine vertical jump stats	(5-10 mins)
Optional distance run	(n/a)

To analyze the data obtained, and for a description of the procedure for each item, refer to the sheet titled Predictive Testing in the supplementary section.

## Day 2

2 laps (EASY) warm-up, stretch	(10 mins)
Distance running drills (common exercises)	(10 mins)
Jumping drills (common exercises)	(10 mins)
<b>Older athletes (16+)</b>	<b>Younger athletes (15-)</b>
Go to weight room for first weight-training session.	Circuit training on-track.
	(30 mins)

Suggested common drills can be found on the drill sheets in the supplementary section. See Introduction to Weight-Training for event-specific exercise plans. Circuit training details, see Circuit Training.

### Day 3

Aerobic run		(15 mins)
Stretching		(5-10 mins)
<b>Intro to hurdles / shot put</b>	<b>Intro to sprints / long jump</b>	
Present twice (split half group)	Present twice	(20 min shifts)

More theory than practice today – see the supplementary section for ideas on content ([Coaching Tips For ...](#)). Though equipment *will* be used, this practice could easily be conducted effectively in a classroom. A more practical approach would be to let athletes experiment with the equipment and offer tips to improve performance incidentally. In this case, more supervisors would be an advantage. tip

### Day 4

2 laps (EASY) warm-up, stretch		(10 mins)
Sprinting, event-specific exercises (100 – 200m)		(10 mins)
Common track and field exercises (see drill sheets for ideas)		( remainder )

### Day 5

2 laps (EASY) warm-up, stretching		(10 mins)
Common distance exercises (all)		(10 mins)
Distance runners go to conservation area for holistic running circuit. Athletes with 2 or more field events remain on track for event-specific training. Distance runners return 20-25 minutes later and continue training in their event of preference.		(40 mins)
Hurdles	Jumping	

For suggested event-specific exercises in jumping and shot put, refer to the [field drill sheet](#). Hurdles exercises can be found in the [track drill sheet](#).

### Day 6

2 laps (EASY) warm-up, stretch		(10 mins)
<b>Older athletes (16+)</b>	<b>Younger athletes (15-)</b>	
Go to weight room.	Running and jumping drills, common and event-specific exercises	( remainder )

### Day 7

2 laps (EASY) warm-up, stretch		(10 mins)
Field events and sprint drills: choose from suggested exercises in supplementary section. A balance of common and event-specific exercises is suggested.		( remainder )

### Day 8

2 laps (EASY) warm-up, stretch		(10 mins)
<b>Older athletes (16+)</b>	<b>Younger athletes (15-)</b>	
Go to weight room.	Common / event-specific field exercises	( remainder )

## Day 9

2 laps (EASY) warm-up, stretch	(10 mins)
Circuit training	(20 mins)
Stair running & fartlek* <b>OR</b> hurdle bounding (erratic intervals)	(20 mins)
Relays – handoff and general technique	( remainder )

Relaxed practice – nothing too strenuous, athlete will maintain peak performance for 1-2 days after this practice. Rest is encouraged, carbohydrate/protein ratio should be 70/30% until the day of competition.

This practice is more geared towards track events, with less emphasis on field training. Shot putters/jumpers should consider following a different agenda after their circuit training is complete. There should be a focus on technique for these events.

\* Fartlek runs are continuous aerobic/anaerobic exercises similar in effect to interval training. The body recovers while still exercising, building stamina and muscular endurance while shortening the period of time where the athlete 'hits a wall'. Pylons are set around the track at erratic intervals; the runner alternates between sprinting and jogging from one marker to the next continuously.

## **Supplemental Section**

Bayview Glen Track and Field Coaching Manual

## **Predictive Testing**

	<b>Males</b>	<b>Females</b>
Body Fat	7 - 8	14 - 15.5
Standing Long Jump	2.5m - 2.65m	2.11m - 2.22m
Vertical Jump	.61m - .69m	.46m - .52m
Five Bounds	12.2m - 12.7m	10.2m - 10.8m
60m	7.8s - 7.4s	8.5s - 8.1s
30m <sub>1</sub>	4.4s - 4.2s	4.6s - 4.4s
30m <sub>2</sub>	3.4s - 3.2s	3.9s - 3.7s
Stride Frequency	4.3 - 4.7 strides/sec	4.1 - 4.5 strides/sec
Stride Length	2.13m - 2.2m	2.05m - 2.13m

[source: USA Track & Field Coaching Manual]

The table above shows sample data for athletes (both male and female) between the ages of 15-16. Athletes who score within these ranges should perform in the top 15% of their age group for 'explosive' events, such as **sprints, shot put and long jump**. Any athletes whose test results approximate these should be encouraged to participate in these events.

Commonly, the difference between a successful sprinter and a successful distance runner lies in the dominant type of muscle fibres in their bodies. Those with more fast-twitch fibres (70%) will be better at the sprint events, whereas those with evenly balanced fast and slow-twitch fibres (40/60%) are better suited to middle and long distances. Biologically.

Though there is no easy way to determine muscle fibre types, a good enough guess can be made by considering the vertical jump scores from the tests: those with the highest scores will most likely have a fast/slow-twitch fibre ratio of 70+:30-, a good distribution for sprinting events. The scores in the middle of the pack ought to have a distribution of 60:40, middle-distance material. Finally, those with more slow-twitch fibres will not be able to perform as well in the vertical jump; their scores will be near the bottom. Though this can also mean the candidate's fitness needs work, it could just as well indicate potential for long-distance events where steady, controlled muscle power is crucial.

This is by no means the only selection criterion; if an athlete shows enthusiasm for a specific running event, he should not be denied.

### **Event-Specific Notes**

400m - Best candidates will be sprinters

- Good formula for projecting best 400m time: [(Best 200m time) x 2] + 3.5s
- In outstanding athletes, the first 200m of the race ought to be 1-2 seconds more than their best 200m time.

800 / 1500m - higher conditioning and strong performance in 400m are helpful.

Hurdles - height is an advantage!

- should perform well in all sprint tests
- 400m hurdlers must have high muscular endurance and strength

\* No, not all events are listed - the above are just important points that didn't fit anywhere else.

## **Predictive Testing- Cont'd**

### **Conducting the Tests**

Body fat – no easy way to calculate this, but reference is made in the table anyway.

Standing Long Jump – feet behind a specified line, measurement taken from closest point to line (e.g. heel)

Vertical Jump – standing flush on the ground next to a wall, the athlete reaches as high as possible and makes a mark, then jumps as high as possible and makes another. The measurement recorded is the difference in height between the two points.

Five Bounds – from a specified start point, the athlete takes 4 bounds and a jump (as far as he can go), landing in a long jump pit. Total distance traveled is recorded.

\*\*\* The following are all calculated from a single 60m run.

60m – record the time from start to finish.

Standing 30m – have a timer stand at the 30m mark and record the time as the athlete passes by.

Flying 30m – calculated by subtracting the standing 30m time from the total time.

Stride Frequency – Have a counter positioned at the 30m mark. As the athlete passes, begin counting the number of strides taken with both legs to the finish line. Divide this number by the flying 30m time.

Stride Length – divide the number of strides previously determined by 30.



## Track Drill Sheet

### **Common Exercises**

- 6 x 500m @ race pace. Rest: 400m walk. **OR** 8k run
- 15 min continuous run @ 75-80% speed
- Hill running (sprint up, jog down) total 10 sets. Rest: 30s between each.
- As and Bs\*
- Interval training\*\*
- 4 x 400m; stride or bound lengths of track. Rest: jog curves of track.
- Continuous relay (baton is kept moving, 3-4 exchange zones on track)
- Rollover starts: slowly lean forward until overbalancing, then sprint off.

### **Event-Specific Exercises**

#### 100 / 200m

- Continuous acceleration : 3 – 5 100m runs, focus on increasing speed over the last 50m. As training progresses, extend the acceleration section to 60m, etc...
- ( 20m fast + 20m slow + 20m fast ) x 3 [ *switch to 30m as training progresses* ]
- 4 – 5 pairs of short runs (i.e. 8-10 total). Increase the distance covered every two runs, alternating between slow and race-calibre paces. Distances should range from 50m to 150m.

#### 400m

- Speed endurance: 6 x 150m **OR** 4 x 300m **OR** 2 x 450m @ race pace, with 10 minute rest between reps for complete recovery. Conditions the lactic acid energy system.
- Tempo endurance: 50 – 100 – 150 – 200 – 300 – 350m progression @ 80% race pace. After each run, rest by walking the same distance (e.g. 50m run, 50m walk, 100m run, 100m walk, etc...). No complete stop until 350m is reached. Increases oxygen uptake, decreasing recovery time.
- 150m buildup: 50m @ 50%, 50m @ 75%, 50m @ 100%. Improves running efficiency and endurance.

#### 800 / 1500m

**IMPORTANT** : choose **only one** of the exercises below per practice. Middle distance training exercises are too taxing on the body to do more than one per day. The majority of practice exercises for these event runners will be taken from the 400m training. The occasional long-distance run is also suggested.

- 6km aerobic run followed by (100 – 200m) x 5 sprints. Fatigue training.
- 3 x 500m **OR** 3 x 1200m @ race pace; 4 repetitions. Rest 8 - 10mins. (Subtract 300m from the race distance.)
- 6 x 500m @ race pace, rest: 1 lap walk.
- 6 laps of bounding at a moderate pace. Rest: 2 mins after 3<sup>rd</sup> lap.

#### 100 / 110 / 400m Hurdles

- Run over 4 hurdles, 6-8 runs. Hurdle spacing: 20m. Height: 69cm.
- High knee marching / skipping / running. (foot contact only under center of mass)
- Bounding, 8 x 60m without hurdles. Hurdling varied distances @ varied paces.
- Toe up / heel up / knee up lead-leg sequence performed FAST over hurdles

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\* 3 – 4 lengths of the track with very slow forward progression. For **As**, each stride is thrust up until the thigh is parallel with the ground. **Bs**, the heel whips back and nearly strikes the rear after each stride.

\*\* One of the more intense exercises. The runner takes one lap at 80% race pace, then recovers while running a second at 20% pace, then repeats 2 or 3 times. Mental discipline is essential if the benefits of this workout are to be maximized. Allow a 5 – 10 minute rest between sets of laps for complete recovery.

## **Field Drill Sheet**

### **Common Exercises**

- Stair bounding – use wooden steps by the ravine, continuous for 10 minutes.
  - Long sprint – 5 x 200m, rest 200m walk.
  - Short sprint – 8 x 100m, rest 100m walk.
  - Incline sprint – 6 x 150m, walk back recovery.
  - Varied flexibility jumps, heights 40cm for throwers, 60 for jumpers (use hurdles)
- } [2-3 days a week, alternate each day]

### **Event-Specific Exercises**

#### Shot Put

<b>Glide Technique</b>	<b>Spin Technique</b>
Double-pivot	360 drill
Nonreverse Throw	
Full-Reverse Throw	

( See [Coaching Tips for Shot Put](#) )

- Medicine ball: overhead backward, underneath-forward, hip-rotation, overhead stepping-forward, overhead from sit-up position, spin / glide specific movement.
- Practice throws using progression from light-heavy or heavy-light weights.

#### Discus

- Pendulum: with discus in hand, dangle arm and swing from side to side. The force generated by the motion should reduce the athlete's need to want to grasp the discus. An advanced variation has the athlete swinging his arm and releasing at the point where the discus will go straight up. Ensure it lands on its edge.
- Kneeling throw: right knee down, supporting body weight. Left foot flat on the ground. Athlete rotates the trunk backwards, lets the force of the discus stretch the throwing arm, then 'pulls' through to the front. The discus should land FLAT on a straight line in front of the thrower. Emphasize trunk rotation – this drill focuses on the upper body movement and reduces the potential power of the throw, i.e. less errors can be made.

#### Long Jump

- Long jumping: high skips, single / double leg hops, double leg uphill jumps, straight-leg stair jumps, jump / hop over pylons or cones, step ups.
- Short jumping: standing long jump, hurdles 1m apart, jumping in-place from half-squat, TIMED 10-30m single leg / standing long jumps.

#### Triple Jump

- Low hurdles 8m apart. 'Three step' running.
- 25m hopping on one leg. As training progresses, increase distance. Stress upright posture.
- Simple walking – each stride covers as much distance as possible. Each step is taken heel first; toes are the last part of the foot to touch down. Stress posture.
- Standing triple jump. Start 6-7m away from pit; mark off hop, step and jump distances. Knee drive on hop and step, arm drive (both) on jump.
- 4-8 low hurdles, legs together and brought up to chest. Double arm upswing.

#### High Jump

- 20-40m curve or J running in the direction of approach.
- Run down the field in S-shaped patterns.
- Back arches off the ground.
- Full jumps with approach – aim for 30-40 jumps of some sort each practice; these could be with the aid of a box, with a low bar, or simulating competition circumstances.

## **Introduction to Weight Training**

Each event calls for a certain groups of muscles to be toned to a certain level. The steps needed to achieve the ideal physiology are different for each event, and so training programs for each must be developed separately. Exercises, number of repetitions and sets are given below. Be sure to demonstrate proper form, and encourage it at all times!

### **100-200m**

<b>Exercise</b>	<b>Frequency</b>
Squats	2 sets, 50 reps, every other day
Lunges	2 lengths of hallway, every other day
Seated press	3 sets, 12 reps each
Bench press	3 sets, 12 reps each
Sit ups / crunches	3 sets, 30 reps each
Step ups	2 sets, 100 reps, every other day

### **400m**

<b>Exercise</b>	<b>Frequency</b>
Lunges	2 lengths of hallway
Step ups	2 sets, 100 reps, every other day
Sit ups / crunches	2 sets, 30 reps each
Bench press	2 sets, 12 reps each
Seated press	2 sets, 12 reps each
Lateral pulldown	1 set, 12 reps
Bicep curls	1 set, 12 reps
Tricep kickback	1 set, 12 reps
Leg extensions	2 set, 20 reps
Leg curls	2 sets, 12 reps

### **800-1500m**

Workout identical to 400m. More reps and greater speed are suggested.

### **100-110m Hurdles**

Same as 100-200m, but every other day. Strength should be developed through actual hurdling, as flexibility and technique can be built concurrently.

### **400m Hurdles**

<b>Exercise</b>	<b>Frequency</b>
Speed squats	2 sets, 50 reps, every other day
Lateral pulldown	2 sets, 12 reps each
Seated press	3 sets, 12 reps each
Bench press	3 sets, 12 reps each
Sit ups / crunches	3 sets, 30 reps each
Push ups	3 sets, 25 reps each

Circuit training is important to this event – trunk development is critical.

## **Introduction to Weight Training – Cont’d**

### **Shot Put**

<b>Exercise</b>	<b>Frequency</b>
Lunges	2 lengths of the hallway
Inclined press	3-4 sets, 8-10 reps each
Seated press	3-4 sets, 8-10 reps each
Bench press	3-4 sets, 8-10 reps each
Bicep curls	2 sets, 12 reps each
Lateral pulldown	2 sets, 12 reps each
Tricep kickback	2 sets, 10 reps each
Push ups	2 sets, 25 reps each

Each set should progress in weight – focus on increasing the final load.

### **Long Jump / Triple Jump**

<b>Exercise</b>	<b>Frequency</b>
Half-Squats	3 sets, 8 reps, half body weight
Leg extensions	3 sets, 10 reps each
Leg curls	3 sets, 10 reps each
Toe raises	3 sets, 20 reps each – 5 cm height
Sit ups / crunches	3 sets, 30 reps each
Step ups	2 sets, 100 reps each
Knee raises	3 sets, 15 reps each

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To focus on building mass, each rep should be executed slowly and steadily, with all the athlete’s focus intent on the exercise. To build muscular endurance, more reps should be added to each set and executed slightly faster.

If athletes finish their workout early, they should find a partner and do a few exercises with the medicine ball, as suggested below (10-15 repetitions each):

- Chest pass
- Overhead pass
- Underhand pass
- Kneeling pass
- Seated roll back-and-up (overhead pass, catcher rolls with the ball with feet up, throws the ball after rolling back up to a seated position)

These exercises develop upper-body muscles and elastic strength, which are beneficial to all events.

## **Circuit Training**

This approach to exercising uses various activity stations to engage the athlete's strength endurance and mobility. Athletes should start at one station, perform one exercise for 30-60seconds, rest for another 30 seconds and proceed to the next station. At the end of the circuit, a 2-3 minute rest is taken, then the whole circuit is started again. A suggested program is offered below:

- |  |   |   |  |
|--|---|---|--|
| <ul style="list-style-type: none"><li>• 30 push-ups</li><li>• 10 burpees</li><li>• 100m run</li><li>• 30 lunges</li><li>• 40 crunches</li><li>• 200m</li></ul> | <ul style="list-style-type: none"><li>• 10 pull ups</li><li>• jump ropes</li><li>• hill running</li><li>• 30 jumping jacks</li><li>• continuous running</li><li>• stick drills*</li></ul> | } | <b>30s rest between stations<br/>15 mins / circuit, 2 circuits</b> |
|--|---|---|--|

When determining the activities at the circuit stations, bear in mind there should be **no more than 7 chosen**, and **no less than 4**. Consecutive stations should not work the same muscle group, and there should be a variety of muscle groups exercised. Consider splitting the athletes into two groups if there are too many participants. This also increases efficiency.

\* There are two variations of this drill: **1)**. Place about 20 markers (3-4 inches wide) 1.5m apart on a straight section of the track. Have runners sprint past without touching the markers (about 4 inches wide). This drill focuses on increasing stride frequency, and as a function of this, stride length. **2)**. Markers are placed at erratic intervals on the track. Runners sprint from the first to the second, jog from the second to third, bound from third to fourth, and repeat the process until the final marker is reached. This is a plyometric drill which increases elastic strength and flexibility, good for sprinters, hurdlers and jumpers.

## **Coaching Tips for Running**

### 100 – 200m

- Arms driven high and forward out of the blocks.
- Toe comes down as close as possible to center of mass.
- Foot makes full contact only under center of mass.
- Low, fast leg drive during acceleration (low heel recovery starting out)
- Lean from ground up, not from waist – leaning is proportional to acceleration, and causes one to decelerate once top speed is achieved. As one takes off out of the blocks, the lean will be almost a 45° angle from the ground, straightening to almost 90° at maximum velocity.
- Heel is recovered high on the upward drive during max. speed.
- Ankle of the striding leg crosses knee of support leg – no higher and not much lower.
- Arms almost straight on the downswing, little less than 90° on the upswing.
- Toe up before landing.
- Eyes focused on the finish line. No deviation from the straight line.

### 400m

- Muscular strength and endurance are critical.
- Train under lactic acid buildup once a week.
- A run of this length or further involves a transition from anaerobic to aerobic energy systems; the faster one can take over and the longer the first can last out, the better the athlete will perform.
- Running 400m trials are a good way to mentally condition the athlete to deal with the stress he will face during the last part of the race, as well as condition his body, adapting it to physical break-down.

### 800 – 1500m

- Interval training is CRUCIAL. Aerobic runs of 20 minutes or more are simply training for this exercise. The athlete should not be able to use his leg muscles fully for a good 24 hours afterwards. Mental discipline is a prerequisite.
- Different paces and different distances should be run each time – too much training at a particular distance will both cause the runner to stagnate, and force him to train harder to perform better at longer distances.
- Flexibility exercises are important, though the motion while racing is repetitive. Supplemental muscle development will help the athlete deal with deviation from technique, as well as rounding off his physique. Daily running is encouraged.
- The head should not deviate from a straight line (i.e. bounce up and down) during the run, nor should the runner's course.
- When passing a runner, do not pass around a curve; it's just more distance you have to cover.
- Always maintain striking distance with the runner ahead of you: a good 1-2 meters away and you're still in the race.

## **Coaching Tips for Hurdling**

- Efficient clearance begins before the hurdle. Lead leg is immediately recovered after its last contact with the ground, heel to butt.
- Lower leg is kept tucked until the thigh has reached above parallel to the ground, then extended from the knee (NOT locking).
- Trailing leg is swept across the top of the hurdle, as close to parallel off the ground as possible.
- Lead leg makes contact with the ground heel-first, and rolls off into a sprinting motion again.
- Gauge step patterns beforehand! There should be no hesitation about foot placement before takeoff.

## Coaching Tips for Throwing

### Discus

Some technical drills:

- Release: holding the discus as above, slowly tilt the hand backward until the discus rolls out. Performed properly, the discus should roll from the pinky to the index finger.
- Bowling: two partners bowl the discus back and forth to each other, on its edge. As proficiency increases, so does distance and pace of release.
- Wind up: practice rotating the discus parallel to the ground, swinging it with an outstretched arm, into the non-throwing hand.

### Shot Put

The shot is held palm up, fingers pushed up against the weight. Before a throw, it should be held beside the neck. Throwing the shot is simply extending the arm, 'pushing it' away. Leg drive is important, and the elastic strength of leg muscles is something to be developed through training.

The glide technique starts at the back of the ring and moves the shot forward in almost a straight line until it's released. The spin technique accelerates the shot in a circle, similar to the discus, before releasing. Both require different approaches.

Some technical drills (glide technique):

- *Double-Pivot*: (with the front of the ring as 12 o'clock). Face 3 o'clock, in throwing position with heel – toe relationship forming a wide V (if a line were extended back from each foot). Squatting down on both feet, the athlete pivots off both balls while raising to a vertical position. Pivot is 90°, with the center of mass directly above the right foot. Left leg locks, head back, and shot is released. Feet finish at 12 o'clock.
- *Non-Reverse*: Athlete faces 3 o'clock. Weight on right side, left leg slightly bent. Right foot pivots 90° over the left leg, which locks. Shot is released. Finish position: 12 o'clock.
- *Full-Reverse*: Lower body faces 3 o'clock, upper body faces 6. Leg drive with a rotational lift. After the throw, the left foot replaces the right foot, and the final position of the whole body is 9 o'clock. Left arm is extended back and parallel to the ring surface.
- *360 drill (SPIN TECHNIQUE)*: Throwing position, facing 6 o'clock. Pivot off the left foot, making a 180° turn and placing the toe of the right foot just off the center of the circle. Left leg recovers as right leg crouches to gather elastic energy. Right leg shifts backward (toward the front of the ring), and the entire trunk is pivoted on the right foot as the shot is released. Wrap the throwing arm around the body and continue the spin to maintain balance and prevent a fault.

## **Coaching Tips for Jumping**

### Long Jump

- Long strides approaching the pit, shortening and increasing in frequency as the line gets nearer. By your last two strides, you should be at full sprinting speed.
- Memorize your step approach and get used to it. Gauging the ideal distance is important.
- Keep your eyes focused above you, looking off to the distance. The head should never be facing the ground.
- The foot is fully planted on the ground ONLY on the second-last step. Here the athlete 'gathers up' to lower his center of mass in preparation for the takeoff.
- Last stride is shorter than second-last, as center of gravity is raised. Placing your takeoff foot too far ahead of your body will result in a braking action, reducing speed. Foot is placed FLAT, not heel-first, for maximum lift.
- Treat the takeoff as running up and out of the ground. There is almost no difference in the actions for both.
- In the air, legs should extend forward. Toes touch down first and the athlete tries his best to lean forward, rather than back. Also while in the air, cycling the arms and legs will counteract the natural rotation that lands one flat on his face.

### Triple Jump

- Accelerate to nearly full speed before takeoff.
- At takeoff, go forward first, then up – opposite long jump. Extend the hop leg as far forward as it can go. Do not look down or lean forward.
- Landing the hop, the foot is placed FLAT, not toe-first or heel-first. Roll off the foot into the step.
- In the step, the upper leg is parallel to the ground and the toes of the lower leg are positioned just under the knee. The thigh is not extended higher than the gut
- Toe is placed flat, again, before heading into the jump phase.
- The phases get progressively higher – the jump takes the athlete to maximum height. A dumbed-down long jump technique is suggested for this final phase.