



Online Athletics Lesson 1 - Sprints

Copy and paste the link to see all the videos you will need for this lesson here →

https://www.youtube.com/playlist?list=PLyF3egzd8JK-kPyLLgumCtZYQDY03_gjY

Watch the 1st video - the Lesson Introduction

Warm Up

It's vital to get a proper warm-up before any exercise. There are some sprint-specific exercise below that we want you to try, but these should be accompanied by some other dynamic movements to get you ready for sprinting.

TASK 1: Get warmed up for 10 minutes! Use ideas from the video below and from the exercises for a sprint specific warm-up in the TASK 1 table below. Have a look at this video to get some ideas about how to warm-up (some of the answers to the quiz at the end might be found in this video!).

Watch the next video about an Active Warm-Up

TASK 1 - SPRINT SPECIFIC WARM-UP

Exercise	Description	Why this exercise?
Calf Jumps	<i>This is a double-footed hop, keeping your legs straight - don't bend your knees! It's like skipping without a rope.</i>	<i>This is called a plyometric exercise. Sprinters need to be bouncy so this helps us to become more bouncy and explosive.</i>
Frog Jumps	<i>Crouch down like a frog, then jump forwards as far as you can get.</i>	<i>This helps us to be more explosive, perfect for sprinting.</i>
High Knees	<i>Run on the spot, getting your knees up nice and high. They should come up to make a right angle with your body.</i>	<i>Replicates the running position, with our knees coming up high which is what we should be doing in sprinting.</i>
Strides	<i>This is running at 70% of your max speed. Do these over about 30m.</i>	<i>This is not as fast as a sprint, but helps to prepare our body to run at max speed. Its better to ease into it than go straight to max speed.</i>

TASK 2 - Working On Your Technique

Technique is vital for sprinting, or in fact anything we do in athletics and any other sports. It prevents us from getting injured and also allows us to perform the best we possibly can. This section is to help you develop your sprinting technique and ultimately get faster! We want you to do a bit of your own research - get onto google and see what you can find.

TASK 2: Find out what DORSI-FLEXION means, in relation to running.

Once you've found out what it means, continue with the task below. We want you to put dorsi-flexion into practice during your strides (in the warm-up section above ↑). We want you to do 3 strides in total, doing the following things on each:

- 1) On your 1st stride, think about what your feet are doing. Are you using them? What position are they in?
- 2) On your 2nd stride, think about pulling your toes right up to the sky (hint - this is what task 2 is talking about!)
- 3) On your 3rd stride, try doing this again but a bit faster - see if you can keep the technique!

Main Session

For this lesson, we are going to concentrate on: Max Velocity Technique.

This means how we run when we are running at our flat-out speed. There are some key things to focus on:

Shoulders	<i>Relaxed shoulders, not tense and tight.</i>
Arms	<i>Driving hard, elbow comes back far and hands come up to eye height.</i>
Core	<i>Brace our core (this means to squeeze our stomach muscles).</i>
Legs	<i>Knees coming up to 90 degrees (similar to High Knees).</i>
Feet	<i>Dorsi-flexed (see "TASK 2 - Working On Your Technique").</i>

For this session, we want you to pick 2 of the 5 points above to focus on in Task 3. If you are allowed, get someone to record you running at the start and then at the end of the session. That way, you can compare the two and see if there's any difference in your running.

Task 3: Flying Sprints. Set up a 30m area with some markers, allowing at least 10m either end for the acceleration and deceleration zone. The aim is to be at MAX SPEED through the zone (this is why we need the acceleration zone) - you are going to be *flying* into the zone. Hence why they are called flying sprints. You are going to run 6 times in total - follow the guide below so you get enough rest between each run (you'll need a stopwatch!).

TASK 3 - MAIN SESSION

	RUN 1	REST	RUN 2	REST	RUN 3	REST	
Follow this guide	Flying Sprint	3 minutes	Flying Sprint	3 minutes	Flying Sprint	5 minutes	REPEAT ONCE

Repeat this once so you run 6 times in total.



A diagram to help you plan out your flying sprint. You will need 4 markers to mark out the "Max velocity zone", plus a little extra either side to accelerate and decelerate.

TOP TIP: 1m = One BIG step. That means 30m = 30 BIG STEPS.



General Conditioning

To finish off this session, we are going to do some plyometrics. Plyometrics just means jump training and it involves trying to exert all our force in a very short amount of time - sounds similar to sprinting, right?

Plyometrics are a great addition to sprint training as it helps us to build power in our muscles. To finish this session, we want you to do the following...

TASK 4: Perform each exercise 10 times, then repeat 3 times. Video explanations found in the playlist.

TASK 4 - PLYOMETRICS	
Exercise	Description
Squat Jumps	Squat down, then explode upwards, jumping up as high as you can. Land softly and go straight into the squat for the next rep.
Jump Lunges	Get into a lunge position. Jump upwards and swap legs so you end up with the opposite leg forward. Repeat this so you end back where you started. This is one repetition.
Tiggers	This is a big jump followed by a little jump. Try to keep the rhythm rather than trying to jump really high.
Single Leg Sideways Jumps	Stand on one leg. Jump sideways and swap legs. Try to get as far sideways as you can without falling over when you land. One jump counts as one repetition.

Cool Down

You will need to do a short cool down to allow your heart rate to come down back to normal. Go for a jog, just like your warm up, but do it a bit slower this time. Then finish with some static stretches, holding each stretch for about 10-15 seconds each.

Once you're done, have a go at the quiz attached to make sure you understand what you've learnt!

↓ The videos in the playlist will help you with the quiz and help you with some of the exercises in this lesson ↓

https://www.youtube.com/playlist?list=PLyF3egzd8JK-kPyLLgumCtZYQDY03_gjY

Make sure you use them!

If you're stuck and don't know what an exercise is, have a look at the playlist to find it, or simply google it yourself.

Quiz

Q1) Why do we use a warm-up before sprinting?

Q2) Which of these is a basic component of running?

- a) To increase our maximum speed
- b) To lower the heart rate
- c) To raise the heart rate and body temperature.

- a) Initial contact with the ground is with the forefoot
- b) Initial contact with the ground is with the heel
- c) Initial contact with the ground is with the tips of your toes

