

Coaching the Sprinters

By Jamie Staff MBE



Traits of the US Sprinter

What I've learned in the last 2 years

- They think they are better than they actually are
- They just want to be the best American (internal focus)
- Want to be the one to going on the “trip”



But...

- Trying hard
- They are learning to listen
- They are learning to go above and beyond
- They are becoming professional

And...

- For no monetary support!





**CHANGE
AHEAD**



Next 4 years

- Introducing the 4 step program
- Time standards for each
- Going to be very hard
- It's what we got to do
- GB, France, Australia



Programs

- National Development Program (NDP)
- International Development Program (IDP)
- International Race Program (IRP)
- Podium Program



Program Times

		MEN						
		Age						
PP	26-30	9.926	9.845	9.764	9.684	9.706	9.626	9.547
	25-29	9.976	9.894	9.813	9.733	9.755	9.675	9.595
	24-28	10.026	9.944	9.862	9.781	9.803	9.723	9.643
IRP	23-27	10.076	9.993	9.911	9.830	9.852	9.771	9.691
	22-26	10.179	10.096	10.013	9.931	9.953	9.871	9.790
	21-25	10.283	10.199	10.115	10.032	10.054	9.972	9.890
IDP	20-24	10.388	10.303	10.218	10.135	10.287	10.203	10.119
	19-23	10.494	10.408	10.323	10.238	10.260	10.176	10.092
	18-22	10.601	10.514	10.428	10.342	10.364	10.279	10.195
NDP	17-21	10.709	10.621	10.534	10.448	10.470	10.384	10.299
	16-20	10.818	10.729	10.641	10.554	10.576	10.489	10.403
	15-19	10.928	10.838	10.750	10.661	10.683	10.596	10.509
Rider A	14-18	11.038	10.947	10.858	10.769	10.791	10.702	10.615
		2013	2014	2015	2016	2017	2018	2019



Program Times

		Women						
		Age						
PP	26-30	11.164	11.008	10.854	10.702	10.970	10.817	10.665
	25-29	11.214	11.057	10.902	10.750	11.019	10.865	10.713
	24-28	11.264	11.106	10.951	10.798	11.069	10.914	10.761
IRP	23-27	11.314	11.156	10.999	10.845	11.118	10.962	10.809
	22-26	11.417	11.257	11.100	10.944	11.219	11.062	10.907
	21-25	11.521	11.360	11.201	11.044	11.321	11.163	11.006
IDP	20-24	11.626	11.463	11.303	11.145	11.424	11.264	11.107
	19-23	11.732	11.568	11.406	11.246	11.528	11.367	11.208
	18-22	11.839	11.673	11.510	11.349	11.634	11.471	11.310
NDP	17-21	11.947	11.780	11.615	11.452	11.740	11.575	11.413
	16-20	12.056	11.887	11.721	11.557	11.847	11.681	11.517
	15-19	12.166	11.996	11.828	11.662	11.955	11.787	11.622
	14-18	12.276	12.104	11.935	11.768	12.063	11.894	11.728
		2013	2014	2015	2016	2017	2018	2019



Hope

**3 Guys and 2 Girls
that currently meet
the standards.**



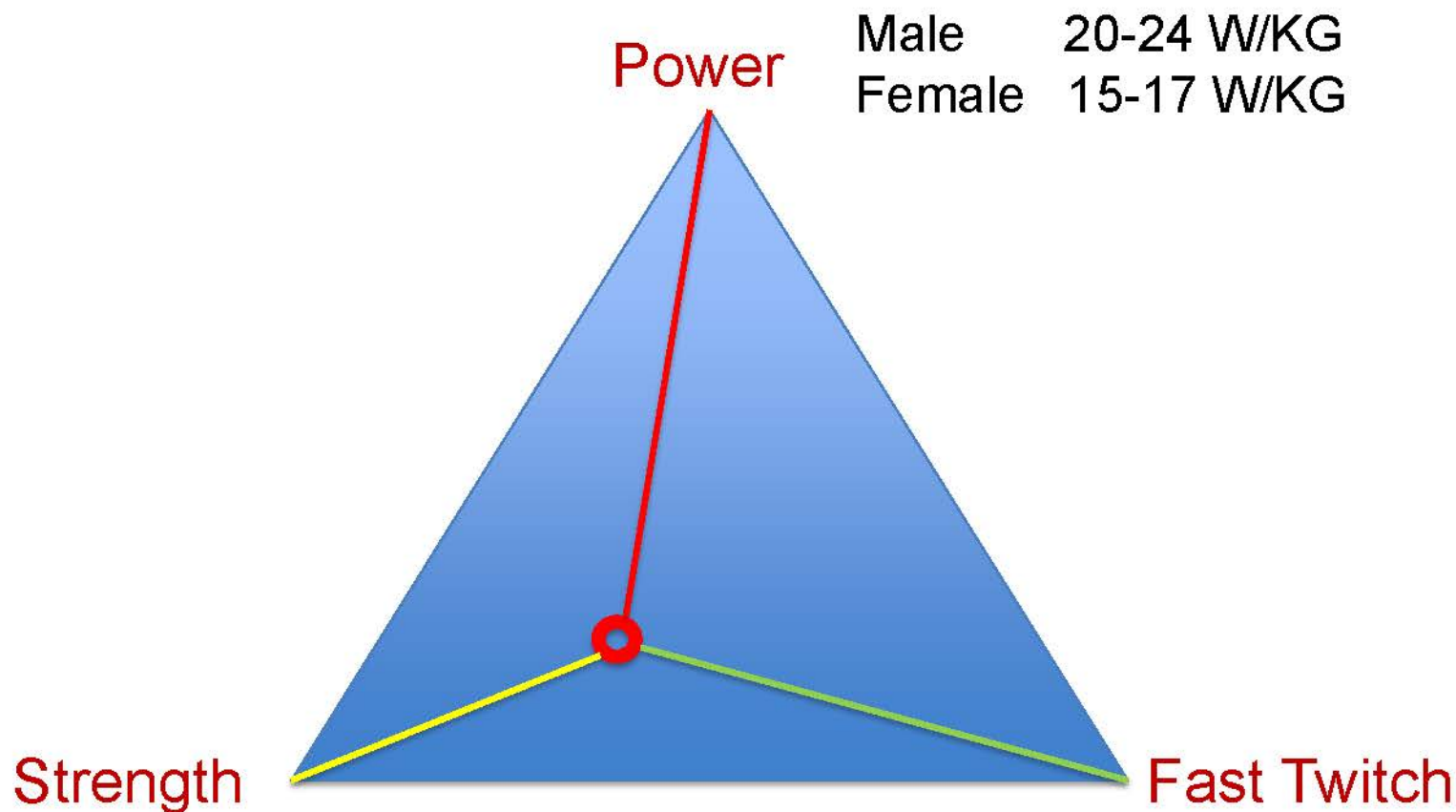
Make-up of a typical US Sprinter

They Lack:

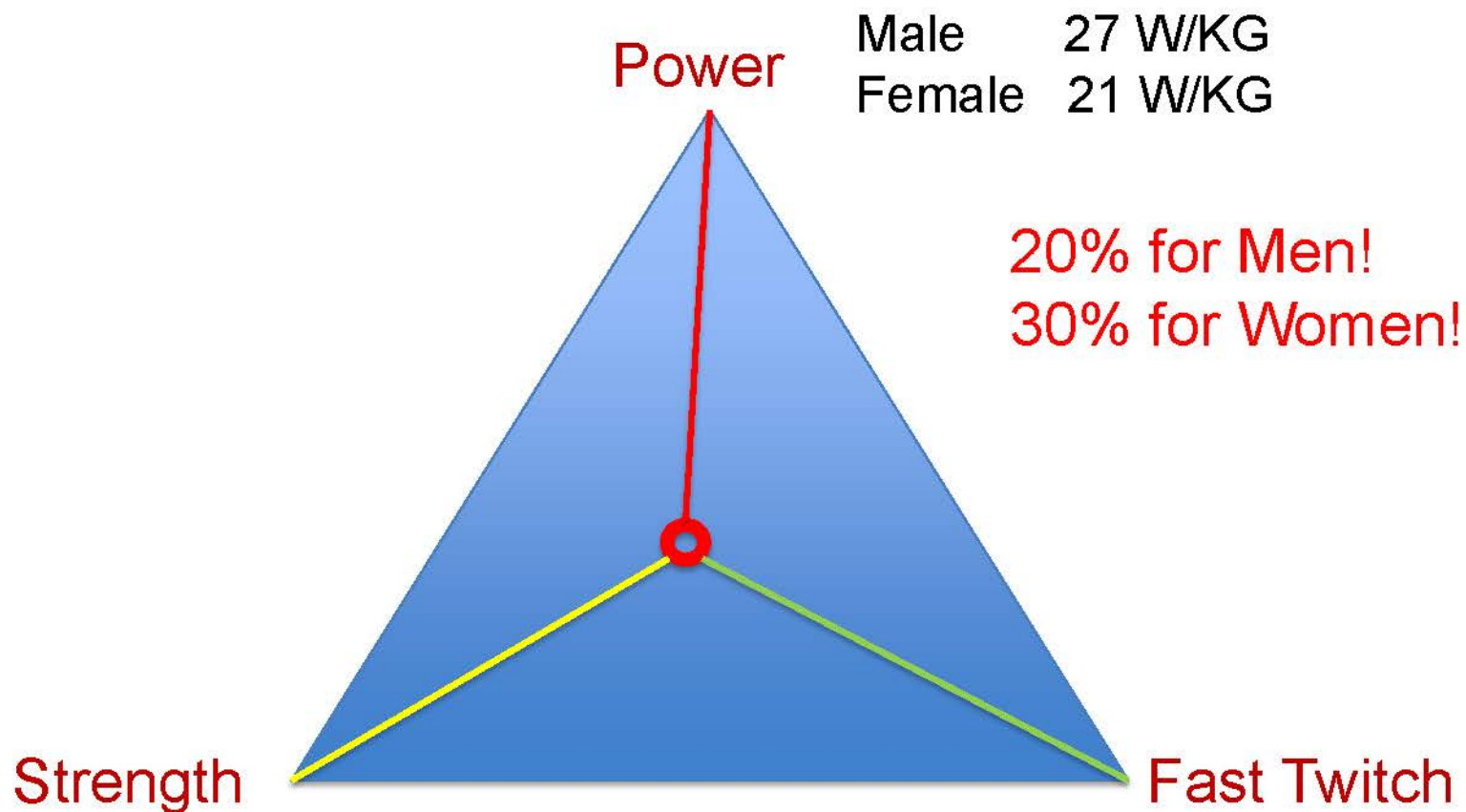
- Ability to produce high cadence
- Strength
- Rapid rate of acceleration
- Power production



Make-up of a typical US Sprinter



Make-up of a typical US Sprinter



So why do our riders have low power?

- Riding gears that are too big
- Outdoor tracks
- Lack of development on small gears (in some cases)
- Doing the wrong workouts



Rider A

Junior Record Holder

- 14 yr
- 80" Gear
- **164** RPM average for F200m
- 62.6 KPH
- 11.575 seconds



Rider A

Junior Record Holder- Altitude

- 16 yr
- 86" Gear
- **166** RPM average for F200m
- 67.6 KPH
- 10.654 seconds



Rider A

Junior Record Holder-Sea Level

- 16 yr
- 86" Gear
- **161** RPM average for F200m
- 65.6 KPH
- 10.983 seconds



Rider A

- Rider retires
- Comes back
- Bigger gears
- Rider retires
- Comes back
- Bigger gears
- Looses all leg speed



Experiment

- 90" gear
- 3 months
- Starts, accelerations, speed work
- Roller rev-outs
- Improve leg speed

Rate of Acceleration



Result

**Half second quicker in
3 months!**



Ideal Track Sprinter

- Lean (free speed)
- Strong (from gym and track work-outs) 16+
- 250+ RPM on Stationary bike
- 250+ RPM on Rollers
- Ride within a 3 inch space on rollers
- Good core stability & strength
- Disciplined



Work-outs?

- Monday: Starts (high torque)
- Tuesday: S&C and Accelerations (power production)
- Wednesday: Recover
- Thursday: Flying efforts 50-250m (max speed)
- Friday: S&C and Rolling/Flying 350-750m (speed/strength endurance)
- Saturday: Road 2 hours
- Sunday: Rest



Questions?

- Times up...

