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Missouri Coaches
December 2019

I owe many thanks for my on-going education:

- Charla and Kohl
- Brian Mondschein – Kutztown St., SE LA, Princeton
- Pat Henry, Juan DeLaGarza, Milton Mallard, Wendell McRaven, Sean Brady,
Brian Bancroft, Trent Edgerton, and Ben Dalton – Texas A&M
- Jim Van Hootegeem, Dan Waters, Andreas Behm, Alleyne Francique and Kris Grimes – Ags too
- Terry Crawford, Stan Huntsman – University of Texas
- Gary Winckler, Dan Pfaff, Boo Schexnayder, Kebba Tolbert and Tommy Badon - Coaches Ed and beyond
- Tom Tellez, Mark Baughman, Mike Takaha – University of Houston
- Dorothy Doolittle – Houston, Tennessee
- Bill Webb, Gorge Watts - Tennessee
- Houston T&F Community – Tellez, Brunson, Lopez, Lewis, Hines, Burrell, Guidry, Jacket, Green, Bethany,
Onyali, Duncan, Taylor, etc. etc.
- Amazing athletes

Three Foundational Exercises Explained

For speed development and acceleration development

-Ins and Outs

-Acceleration (Stick) Drill

-V Max (Wicket) Drill

Appropriate from the earliest to the latest stages of training

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Ins and Outs

PhD level acceleration development and speed development

Introduce 7-8 weeks into training

Genesis/Inspiration/Reference:
“Thoughts About Sprinting and
Sprint Training (Speed
Development from a Sports
Medicine Viewpoint)”

Professor Manfred Steinbach, M.D. – May 1968

Neurologist – placed 4th in LJ, Rome 1960

Objective:

- Maximal Velocity (V_{max}) speed development
- Technical refinement and posture retention throughout

Concentration

Testimonial:

- “Taught” in Level 2 school
- It took me 6 years to learn
- I am still refining my understanding

Observation:

Ins and **Outs** is not
"Sprint-Float-Sprint"

There is no "float"

Components:

- acceleration segment

- ins

- outs

- finish-coast-stop segment

Each bears clarification

Set up



Demonstrations





Acceleration segment

- Aggressive, mindful acceleration
- secondary importance
- segment length varies 20-35m (25m !)
- acceleration fundamentals equired

Acceleration rules apply

In

- maximal sprint (big hits)
- tertiary importance
- segment length varies 10-20m (12m!)
- sprint fundamentals required

Goal: execute at performance sprint intensity

Out!!

- Maintain posture & freq'ncy (lesser hits)
- Primary importance!!
- outs** refine and polish the **ins** (IMO)
- segment length varies (10,12,15m)
- sprint fundamentals required

Goal: execute performance sprint posture and frequency at reduced intensity (ROM will be slightly less)

Intensity (Force application into the ground) is ONLY variable

(downhill analogy/ "freewheeling")



Useful considerations

- first use 6-7 wks into trng
- 70-120m /2- 6 reps
- rest interval 5-10' (no less than 5' for 70m)
- 2-6 peaks / 10-15m (12m!)
- straight, curve or alternate (!)

70m set up (3 peaks)
25m acceleration zone
15m in
15m out
15m in / finish

Where we start: 2-3x 70m

80m set up (4 peaks)

25m acceleration zone

15m in

15m out

12m in

12m out / finish

First expansion

More Demonstrations







WELCOME TO AGGIELAND
HOME OF THE 12TH MAN

TRACK & FIELD

CK & FAL

Troubleshoot:

- Focused maintenance of sprint fundamentals through the intensity changes

Concentration is both developed and required

Cues:

- sprint tall throughout (hips)
- 'step down from above'
- rhythm stays constant (ROM and force change subtly)
- 'Freewheel' the **outs** (downhill)

Observation:

- Acceleration is often less aggressive before **ins**
- Acceleration love changed my view

Applicable principle: Never coach against yourself

Application should polish and reinforce your teaching, not contradict it

Adjust to **Outs** and **Ins** ??



70m set up (3 peaks) 25m
acceleration zone

15m out

15m in

15m out / finish

80m set up (4 peaks)

25m acceleration zone

15m out

15m in

12m out

12m in / finish

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Acceleration drill (Stick drill / Tape drill)

Front Game – setting up the sprint

Pure acceleration and extended duration of intensity













Genesis/Inspiration/Rationale:

- Taught in Level 2 as “stick drill”
(65cm first stride, progress 15
cm/stride) from crouch start

Pure acceleration exercise

Objective:

- Maximal Acceleration development
- Extend maximum intensities
- Measurable evaluation

Push harder and push longer

Testimonial:

- “Learned” in Level 2 school
- Unsuccessful trial
- Unsuccessful trials with WR holder

Observation:

Spacing not performance
specific at 65cm + 15cm/str)

.65, .80, .95, 1.10, 1.25, 1.40, 1.55, 1.70, 1.85, 2.00 >>>>>

2'1.5", 2'7.5", 3'1.25", 3'7.25", 4'1.25", 4'7", 5'1", 5'7", 6'0.75", 6'6.75">>

Too choppy for 6 strides, just right for 6 strides, then reach

Set up relative to athlete

Front toe / front pedal is datum

.94 (3'1") = 11.70

.97 (3'2") = 11.50

1.10 (3'7") = 10.50









Useful considerations

- first day of training>>all year
- rest interval 1'/10m for reps
- provide 2-3 differently spaced lanes to optimize
- straight is best for evaluation

Progression:

- start at 2-3x(10, 20, 30m)
- Metric volumes 120-300m
- Grass>track
- Flats>specialty
- No pedals>front>both
- resistance (devices/uphill)



















Troubleshoot:

- Focused maintenance of acceleration fundamentals
- “Where did you feel yourself stop pushing and start running”?

Concentration is both developed and required

Cues:

- Set pre-tense/ clear ready mind
- Make big hard splits with hands
- Ankle pass
- Grow down the track
- Temporal cues (longer!)

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V Max (Wicket) drill

End Game – Sprint tall!

Pure speed development – Acceleration is nominal/incidental

Genesis/Inspiration/Rationale:

-Personal reaction (over-reaction?)
to epidemic overstriding

“Step down from above” – Winckler cue

Objective:

- Sprint maximally. Eliminate striding tendencies.
- Re-set the ground strike by stepping down – not out

Testimonial:

- Trial and error
- Progressive spacing builds progressive intensities to maximal (depending on how many strides are set up)

Components:

- hurdle segment (turned down) – place first
- run-in (placed after hurdles)
- run-out
- finish-coast-stop segment

Set up









NATIONAL
CHAMPIONS

1988 1990 1991 1992 1997

2000 2001 2002 2004



UNIVERSITY OF TEXAS
**NATIONAL
CHAMPIONS**

1956 1958 1961 1962 1967

2000 2002 2003 2004

Importance 6 str run-in

3'11", 4'2", 4'5", 4'8", 4'11", 5'2", '5'5" (5'5" wicket space)

4'4", 4'7", 4'10", 5'1", 5'4", 5'7", '5'10" (5'10" wicket space)











- Importance of building the sprint
- Get more in the last 6 and run out





AT&T
NATIONAL
CHAMPIONS
1988 1991 1993 1997
2000 2001 2002 2004







Proficiency:

18 str / 3.65 = excellent
progress from there

Useful considerations

- first day of training>>all year
- 4-6 reps / session
- density 2-4 sessions/ wk
- rest interval 2-3' / rep
- provide 2-3 differently spaced lanes to optimize
- use 6" hurdles, slats, etc

Progression:

- start at 2x (12, 14, 16 str)
- progress quickly to 6x18 str
- Flats>specialty
- Increased run out
- Drop a wicket
- Space increases after mastery



THE UNIVERSITY OF TEXAS AT ARLINGTON
NATIONAL CHAMPIONS

1999 2000 2001 2002 2003

2004 2005 2006 2007



MISSISSIPPI
**NATIONAL
CHAMPIONS**

1950 1951 1952 1953 1957

1958 1959 1960 1961 1964

Troubleshoot:

- Focused maintenance of sprint fundamentals as the intensity grows to maximal, then hold.

Concentration is both developed and required







Cues :

- Hit the run-in
- Get into tall sprint posture before the wickets
- Once in / don't look (feel, listen)
- Keep getting more / don't settle
- Hit the run-out / finish

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Combination Acceleration and Vmax drill

Effective race modelling. Stay on top of the run!

W 6'5" str after 14 step accel / M 7'2" str after 14 step accel

Genesis/Inspiration/Rationale:

- Seeking coaching marks for precise race models beyond 22 strides

Components:

- acceleration segment
placed first
- hurdle segment (placed
last)
- finish-coast-stop segment









Troubleshoot: Specific coaching marks for precise race modelling

Phd level exercise

Allow minimum 14
acceleration strides before
hurdles introduced (prefer
16 or more)

Cues :

- Stay on top of the run
- Keep pushing
- Completion runs - seamless
(Combining beginning and end)

A black and white photograph of James Earl Ray. He is seated at a desk, leaning forward with his head resting on his right hand, which holds a lit cigarette. He is wearing a dark, short-sleeved button-down shirt, a wristwatch on his left wrist, and a ring on his right hand. Behind him is a tall bookshelf filled with numerous books. The text "Seek Inspiration" is superimposed in a large, white, sans-serif font across the center of the image.