

4 X 100m

Exchange & Speed Development

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



| Time | Skill | Drills | Effort | Rest Time | Teaching Points |
|-------------------|-----------------------|-------------------------------|---|---------------|---|
| | Warm-Ups | Jogging Dynamic Warm-up | Ensure properly warmed up before practice | | |
| WATERBREAK | | | | | |
| | Speed | 10 Hand offs | 100% | 3 Minutes | Emphasize proper timing and communication |
| WATERBREAK | | | | | |
| | | 6 x 80m | 80% | 2 - 3 Minutes | Accelerating quickly out of the blocks, maintaining good form, and driving the arms |
| WATERBREAK | | | | | |
| | Plyometrics | Bounds 3 x 8 Per Leg | 100% | 1 - 2 Minutes | Long, exaggerated strides, pushing off explosively with each step. Drive knee upward, extend your ankle, and aim for maximum distance with each bound. Alternate legs with each bound, covering as much ground as possible. |
| | | Single Leg Hops 3 x 8 Per Leg | 100% | 1 - 2 Minutes | Stand on one leg and perform repetitive hops, focusing on explosive power and quick ground contact time. |
| | | Lateral Bounds 3 x 8 Per Leg | 100% | 1 - 2 Minutes | Stand with your feet hip-width apart. Jump explosively to the side, pushing off with one leg and landing on the other. |
| | | Standing Long Jumps 3 x 8 | 100% | 1 - 2 Minutes | Lower into a quarter squat position, then jump forward as far as possible, extending arms forward for momentum. Land with both feet, absorbing the impact by slightly bending your knees. |
| | Cool Down Recovery | | | | |

4 X 100m

Exchange & Speed Endurance

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



| Time | Skill | Drills | Effort | Rest Time | Teaching Points |
|------------|-----------------------|--|---|---|--------------------------------------|
| | Warm-Ups | Jogging Dynamic Warm-up | Ensure properly warmed up before practice | | |
| WATERBREAK | | | | | |
| | Exchange | Exchange Warm Ups | 75% | | Communication and efficient handoffs |
| WATERBREAK | | | | | |
| | Speed Endurance | 6 x 200M | 90% | 3 Minutes | Simulate Relay Legs |
| WATERBREAK | | | | | |
| | Core | Plank 3 x 30s Side Plank 3 x 30s Mountain Climbers 3 x 30s | 100% 100% 100% | 1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes | |
| | Cool Down Recovery | | | | |

4 X 100m

Acceleration & Speed Development

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



| Time | Skill | Drills | Effort | Rest Time | Teaching Points |
|------------|-----------------------|--|---|---|---|
| | Warm-Ups | Jogging Dynamic Warm-up | Ensure properly warmed up before practice | | |
| WATERBREAK | | | | | |
| | Speed | 8 x 60m | 100% | 2 Minutes | Focus on explosive starts and gradual excelleration |
| WATERBREAK | | | | | |
| | | 4 x 80m | 80%% | 2 Minutes | Explosive and stride out |
| WATERBREAK | | | | | |
| | Core | Plank 3 x 30s Side Plank 3 x 30s Mountain Climbers 3 x 30s | 100% 100% 100% | 1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes | |
| | Cool Down Recovery | | | | |

4 X 100m

Race Simulation

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



| Time | Skill | Drills | Effort | Rest Time | Teaching Points |
|------------|----------------------|----------------------------|---|------------|---|
| | Warm-Ups | Jogging Dynamic Warm-up | Ensure properly warmed up before practice | | |
| WATERBREAK | | | | | |
| | Meet Prep | 4 X 100m | 100% | 10 Minutes | Maintaining proper running form and technique |
| WATERBREAK | | | | | |
| | | 4 X 100m | 100% | 10 Minutes | Concentrate on sustaining speed throughout the distance |
| WATERBREAK | | | | | |
| | | 4 X 100m | 100% | | Concentrate on sustaining speed throughout the distance |
| | Cooldown Recovery | | | | |

4 X 100m

Plyometrics & Recovery

Notes:

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| Time | Skill | Drills | Effort | Rest Time | Teaching Points |
|-------------------|-----------------------|--|---|---|---|
| | Warm-Ups | Jogging Dynamic Warm-up | Ensure properly warmed up before practice | | |
| WATERBREAK | | | | | |
| | Plyometrics | Bounds 3 x 8 Per Leg | 100% | 1 - 2 Minutes | Long, exaggerated strides, pushing off explosively with each step. Drive knee upward, extend your ankle, and aim for maximum distance with each bound. Alternate legs with each bound, covering as much ground as possible. |
| | | Single Leg Hops 3 x 8 Per Leg | 100% | 1 - 2 Minutes | Stand on one leg and perform repetitive hops, focusing on explosive power and quick ground contact time. |
| | | Lateral Bounds 3 x 8 Per Leg | 100% | 1 - 2 Minutes | Stand with your feet hip-width apart. Jump explosively to the side, pushing off with one leg and landing on the other. |
| | | Standing Long Jumps 3 x 8 | 100% | 1 - 2 Minutes | Lower into a quarter squat position, then jump forward as far as possible, extending arms forward for momentum. Land with both feet, absorbing the impact by slightly bending your knees. |
| WATERBREAK | | | | | |
| | Strength | Air Squats 3 x 10 Plank 3 x 30s Push Ups 3 x 10 | 100% 100% 100% | 1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes | |
| WATERBREAK | | | | | |
| | Core | Plank 3 x 30s Side Plank 3 x 30s Mountain Climbers 3 x 30s | 100% 100% 100% | 1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes | |
| | Cool Down Recovery | | | | |