

# 100m

# Acceleration

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	10 Minutes	
<b>WATERBREAK</b>					
	Acceleration	3 x 10m	100%	30 Seconds	
		3 x 20m	100%	1 Minute	
		3 x 30m	100%	2 Minutes	
<b>WATERBREAK</b>					
		3 x 50	100%	2 Minutes	
		1 x 100	100%		
<b>WATERBREAK</b>					
	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.
		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.
		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
	Cool Down				
	Recovery				

# 100m

# Speed Training

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					
	Speed	4 x 60m Strideouts	75%	2 Minutes	Gradually build up speed throughout each stride-out, focusing on good form and technique.
WATERBREAK					
		6 x 50m	30M Acceleration 20 Sprint	2 Minutes	
WATERBREAK					
	Cooldown Recovery				

# 100m

# Resistance

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					
	Resistance	Hill, Sleds, or Resistance 10 @ 30 M	100%	2 Minutes	100% Effort drive up the hill
WATERBREAK					
		Stairs 5 sets	100%	3 Minutes before start	100% Walk down and back to start
WATERBREAK					
		Cooldown Recovery			

# 100m

# Endurance

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Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
<b>WATERBREAK</b>					
	Endurance	10 x 100M 5 @ 100-150-100M	75% <b>OR</b> 75%	Walk 100 Back 15 1.5 Minutes	
<b>WATERBREAK</b>					
	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	
	Cooldown Recovery				

# 100m

# Race Simulation

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					
	Meet Prep	1 X 100m	100%	10 Minutes	Maintaining proper running form and technique
WATERBREAK					
		1 X 100m	100%	10 Minutes	Concentrate on sustaining speed throughout the distance
WATERBREAK					
		1 X 100m	100%		Concentrate on sustaining speed throughout the distance
	Cooldown Recovery				