

PE – Sprinting

For sprinting it is important that you keep intensity high at all times although the sessions may not last very long. You should do extra strength and conditioning to support – many social media and websites have the specific exercises to complete. The Usain Bolt video also has a number of valuable exercises. I have attached 5 videos for you to watch and practice. You will notice that by repeating the drills you can get a very good technique, which will really help with your speed.

<https://www.youtube.com/watch?v=4NgOmwEsdU8> – Dina Asher-Smith

<https://www.youtube.com/watch?v=cF9bO2a2tYM> – 3 drills for technique with Adam Gemili.

<https://www.youtube.com/watch?v=-Ot-dP1xST4> – Drills for foot strike.

<https://www.youtube.com/watch?v=dN9sChyubSc> – Understanding ground contact.

<https://www.youtube.com/watch?v=xgYtee82IZ4> – first 6 minutes for strength drills and discussing Usain Bolt.

Activities for sessions – some will be distance, others will be on time. They don't have to be exact but maybe get an adult to help with timings and distances.

Always complete warm up and technical drills first. Do not just do through the motions of the drills – one thing that stuck in my mind was when Adam Gemili said 'every sprinter no matter what level they are at will start with these drills'. They are crucial in developing better technique.

Below are a few options. Do not do them all at one go, try a start and 1/2 others. When recovering you need to make sure that your muscles recover so that the efforts can be of high quality. It is important that you don't sprint completely 'flat out'. This will reduce the risk of injury and help with keeping control, posture and technique.

1. Start – 3 point start and complete 10 strides. Focus on the reaction time to the whistle/clap/shout and then getting out of the blocks using the power in your legs and arms, keeping your back nice and straight. Complete this 5 times.
2. "Flying 30s" – Begin by jogging and building up speed after around 10m increase speed to 80 – 90% of top speed for 30 metres. Then slowly ease off. Walk back to the start as recovery. Complete 6 – 8 times. Ensure that posture and technique are correct throughout whilst keeping the speed high.
3. "The Ladder" – this involves a 20 second time limit for each rep which includes effort and recovery. I have made a table to explain it. This should be on a rolling clock so do not stop and walk back to the start – recovery should be a slow jog and the effort should be 80 – 90%.

Rep	Effort	Recovery
1	4 seconds	16 seconds
2	8 seconds	12 seconds
3	12 seconds	8 seconds
4	16 seconds	4 seconds
5	12 seconds	8 seconds
6	8 seconds	12 seconds
7	4 seconds	16 seconds

4. "50/50" – Start by jogging 50 metres, then sprinting 50 metres, then jogging 50 metres and finally sprinting 50 metres. This is 1 repetition. Complete this 4 times with 2 minutes recovery between reps.
5. Resistance – For this you will need a piece of equipment to help with this. It needs to go around your waist and should help to make it more challenging for you to sprint. It could be a towel or a resistance band or skipping rope. Just be careful that it is long enough so that the person holding it doesn't get kicked or trip you up. You need to sprint for 10 seconds whilst under resistance. Rest for 2 minutes to allow your muscles to recover. Complete this 6 times.