



100m/200m Training

Coach Alycia Williams
Head Girls' Coach
Flagler Palm Coast High School

About Coach Williams

- Semi-Pro for Nike
- **NCAA All-American at Florida State University 4x400**
- ACC Indoor and Outdoor Champion (FSU)
- **CAA and ECAC Champion (George Mason)**
- High School 5A State Record Holder in the 400 in 2001 also won the 200m
- **Assistant Coach at FPC in 2009 and Head Girl's Coach at FPC in 2022**
- Head Coach at Hickory Ridge Middle School and High School in Harrisburg, NC from 2017-2022





ACCOMPLISHMENTS



Won Greater 4A Metro Conference from 2018-2022 (Hickory Ridge MS and HS)

4A Girls State Champions in 4x200 and 4x400 Indoors (2022)

4A Girls State Champions 4x100 and 4x200 Outdoors with the #7 time in the country in the 4x200 (2022)

Adidas National Champions in the 4x100 and 4x200 in Greensboro, NC (2022)

Boy's State Champions at FPC (Assistant Coach, 2009)

Signed four athletes to D1 and D2 colleges (2022)



QUOTE OF THE DAY

Worrying gets you nowhere. If you turn up worrying about how you're going to perform, you've already lost. Train hard, turn up, run your best and the rest will take care of itself."

USAIN BOLT



My Coaching Process

Establish the Objective

Understand through
Assessment and Adjustment

Providing Feedback

Follow With Support





Remember the Coaching Process?

Have an Objective.

OBJECTIVE FOR 100/200 METER RUNNERS

Implement proper training components for effective race execution



**The Outcome is to get
improved times**



TRAINING COMPONENTS

Dynamic Warm-up:
Setting the Foundation

EXAMPLES

A-Skips

B-Skips

High Knees



TRAINING COMPONENTS

Acceleration Drills: Unleashing Explosive Power

Examples

- **Fast Leg Drills**
- **Alternating Fast Legs**
- **1-2-3 Drill**

Enhance your athlete's starting speed

TRAINING COMPONENTS

Speed Endurance Training: Sustaining the Momentum

Ex. In and out runs

ability to sustain velocity over extended distances

Also be a dominant force in the latter stages of a race

TRAINING COMPONENTS

Plyometric Work: Elevating Agility and Coordination

Examples

- *Box jumps*
- *Bounds*

This will help athletes' transition smoothly between strides and maintain speed through the turns (for 200 meter runners)



TRAINING COMPONENTS

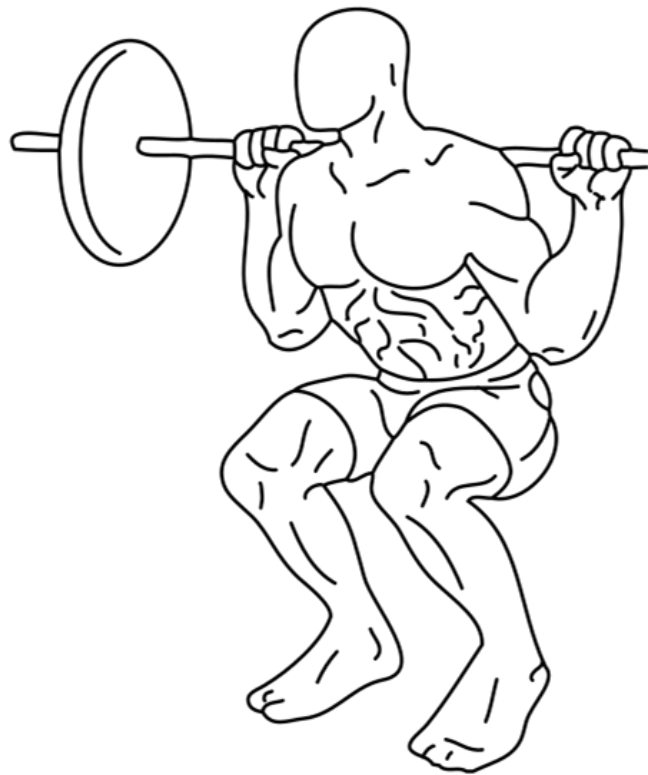
Strength Training: The Backbone of Power

Examples

- Squats
- Deadlifts
- Lunges

cultivate the power required for explosive bursts, while also fortifying muscles against injury.

If you don't have access to a weight room, do body weight circuits



TRAINING COMPONENTS

*Recovery and Regeneration:
Nurturing the Body*

Cool Down

Stretches

Yoga

Massage Gun/Foam Rollers

*Aid in muscle repair, prevent
overuse injuries, and maintain
flexibility for optimal
performance.*



TRAINING COMPONENTS

Mental Conditioning: Mastering the Mind

*Conquering the mental aspects of running
(keeping your athletes out of “their own heads”)*

Managing pre-race jitters

Being mentally resilient



100/200 Training

Acceleration and Speed are ESSENTIAL

Fast Sprinters

1. Come out the blocks with great acceleration
2. Reach Maximum Speed
3. Must maintain throughout the rest of their race



100M

Four Phases of the 100m

The Push

The Drive Phase

Max Acceleration

Maintenance Phase



100M

Four Phases of the 100m

The Push

First 10 meters, this will determine the trajectory of the race

Angles are important!

Quick movements are pivotal

you want to pull your rear leg through quickly while the body leans forward.



100M

Four Phases of the 100m

The Push

Extend the leg in the front pedal at the knee and hip upon completion of the movement to bring the body into a 45-degree angle from the ground.

You should be able to make a straight line from the foot that was in the front pedal, through the body and to the head

you want to pull your rear leg through quickly while the body leans forward.



100M

Four Phases of the 100m

The Push

Your COM (center of mass) should be in front of your foot during the first few steps while you drive low.

Be aggressive out of the blocks and push your feet explosively into the ground with every stride.





100M

Four Phases of the 100m

The Drive Phase

From the Push, your athlete will transition to the drive phase, which will be the next 10-30m

Tell your athletes to remain aggressive during this stage. We cannot back up off at this point, we also do not want to overstride as it can cause injury.

Stay as low as possible



100M

Four Phases of the 100m

The Drive Phase

They want to get up and run.

The drive phase requires patience.

Constant cuing "push, push, push" and focusing on big, longer amplitudes of movement at the start



How that translates in Practice and Competition Warm Up

Have your athletes focus on the first 30m

They can do this with or without blocks,
preferably with blocks

If you can video your athletes do it, so you can
have your athletes see where their first steps
are

100M

Four Phases of the 100m

Max Acceleration

begin to build momentum
and increase your velocity.

Try and increase the length of
your stride with every step.



100M



Four Phases of the 100m

Max Acceleration

The next task is to make an efficient transition to an upright horizontal sprinting position from 30-60m

This should be a gradual process that allows you to come up naturally from the force created by your strides.

Abstain from standing upright too quickly.

This will cause you to lose momentum faster and decelerate.

100M

Four Phases of the 100m

Maintenance Phase

Also known as the deceleration phase

Athletes must hold it together

No hunching of the shoulders or clenching of the jaw.
High levels of tension in the body will only slow you down sooner.



Guide to Running the 200 from Noah Lyles

0-100m

200-1st Half

Blocks - 20 Meters

Acceleration Phase

20 - 30 Meters

Slowly Start Coming Up

30M-50M

Fully Up, Running

Powerful

50M-60M

Prepare For The Turn,

Gradually

Start Turning Your Hips To

Stay in

The Middle Of The Lane

80M-100M

Start Pushing into The

Ground Again

To “Slingshot”



Guide to Running the 200 from Noah Lyles

100M-130M

Slingshot Off The Curve (Fastest Part Of Your Race) ^{Half}

130M-180M

Push In To Track Again
(Shoulder Forward, Force In To Ground)

180M-198M

Focus On Your Form (Think About Every Step)

198M-200M

Dip If You Need (Throw Your Arm Out TO Dip Well)



100/200 Workouts

Example of Acceleration Workout

25m, 30m, 35m x 4

Run rest for 1-2 min

5 minutes recovery after the entire rep

KEY FOCUS:

Explosive quick movements, low heel recovery,
arm swing and posture

100/200 workouts

Example of a Speed Workout

3-5x 180m (Accelerate 50m-float 60m-accelerate 70m)

1st ACCELERATION phase-should focus on an intense start

The FLOAT phase-is focused on maintaining speed

2nd ACCELERATION phase-sprint and to increase your speed by increasing turnover



PRESEASON

Monday and Wednesday and Friday

Frontside Mechanic Drills Warm Up

Learning to Accelerate Program

5-min rest

In Place Jumps working on explosiveness

WEIGHTS

CONDITIONING PHASE

TUESDAY

Turnaround Tuesday 600,500,300 on the grass by 100s

Wall Acceleration Drills

Isometric Program

CONDITIONING PHASE

THURSDAY

BRIDGES variation of 200s, 100s and 50s

WEIGHTS



IN SEASON

Monday

6 x Wicket Drill

2 x Speed-Cord (pull x2/get-pulled x2)

3x Accel/Tape Drill with Blocks to:

- o 20m

Blocks: 1x 40m; 1 x 50m; 1 x 60m; 1 x80m

3x30m Sleds (on the back field) + Hurdles
Hops, Incline rope, and Box Jump

4x Barefoot Grass Strides

FOOT/FOOT DRILLS: Barefoot

Tuesday

WHITE WARM UP + Hurdle Drills 2x
(overs/over-unders/can-cans)

1X Broken 400M. Rest: 45 second b/w reps,
(200m-200m) or you can do it 50-100-
150-50

15 min b/w sets

1X Broken 300M. Rest: 45 second b/w reps,
(200m-100m)

WEIGHTS (See weight room posted)
including ropes

IN SEASON

Wednesday: GREEN Warm-up +Hurdle Drills 2x (overs/over-unders/can-cans)

6 x Wicket Drill

2 x Speed-Cord (pull x2/get-pulled x2)

2x 30m: Accel/Tape Drill with blocks (Black check marks)

2x 50m: REST: 4 MIN

Sprint-Float-Sprint: (SFS) 2 x 90m (50m-sprint-20m float to the 70m -20m sprint to the 90m) (On the CURVE)

400m COOL DOWN + Group Rope Stretch –VIDEO – Weight Room

WEIGHTS (See weight room posted)

THURSDAY: WHITE WARM UP + Hurdle Drills 2x (overs/over-unders/can-cans)

1X 252M. SPEED: 100%. REST: FULL RECOVERY

1X 152M. SPEED: 100%

FLUSH-OUT COOL-DOWN = 4 x grass 200's + FOOT/FOOT DRILLS

400m COOL DOWN + Group Rope Stretch –VIDEO – Weight Room



IN SEASON

FRIDAY: COMPETITION Warm-up + Bands

6 x Wicket Drills

Blocks @ 3 X 30M...from 100m or 200m

Sprint-Float-Sprint: (SFS) 3x 80m (45m-sprint-20m float to the 65m -15m sprint to the 80m)

Cool-Down

BLOCKS OFF THE TURN-200M FOCUS





TAKEAWAYS

We want to sprint faster with less effort

Control facial tension

- Stop the chain of events

Tense face-tense shoulders-shorten the arm carriage-affect stride length-muscles won't work at 100% if there is any tension in our body



Run Tall Cue

DOES NOT mean run up and down
(we want horizontal movement, not
vertical)

Neutral Head Position- will align
your spine and improve your
biomechanical efficiency

Look about 20m ahead

Engage/Relax Your Core

Hips High and Forward- more
effective stride alignment

Forward Lean from the Ankles



QUESTIONS?

williamsa@flaglerschools.com

alyciawilliams0108@gmail.com

Cell: 386-569-1603



References/Links

[Noah Lyles' Article](#)

[100/200 FOCUS](#)

Other presentations

[Dynamic warmup](#)

[Block and Acceleration](#)