

TRACK & FIELD

Coaching Technique and Philosophy

by Coach Larry Libow

- Training & drills should emphasize quality rather than quantity. Example: 10 seconds of perfect form rather than 10 reps of poor form.
- Always allow full recovery between runs (HR: ≤ 120 bpm). Allows the proper body/mind connection. Running when exhausted teaches the body/mind how to run slowly.

Slow Down and Run Better

Type IIb Fast-Twitch fiber can be recruited at 85% of top speed;
Running at 85% (of top speed or race pace):

- Helps runner learn tempo & rhythm.
 - Allows runner to do more running which will develop more speed/endurance.
 - Aids runner in perfecting technique & relaxation.
 - Allows runner to take less rest between runs.
 - Protects runner from injury.
- Set an event target time and work on percentages of time over distances, increasing the percentage and distance progressively.
 - Athlete should be gradually put under increasing stress during training.
 - Run full out in only a few training sessions and not more than 10 seconds and 10 reps.
 - No time trials in practice - only in competition.
 - Better to be under-trained than over-trained.
 - Emphasize relaxed running, good body mechanics.

Any coach who is through learning is through!

The coach must help the athlete understand the principle of the training program.

Realistic goal-setting is a great motivator.

Most important is HOW the athlete expects to reach their goals.

Communication with the athlete is vital. *Try to say something positive to each athlete every day.*

Coaches are teachers - you can't teach if you are yelling at your athletes!

They Don't Care How Much You Know Until They Know How Much You Care