



Seek Inspiration

Vince Anderson AthleticsTX  
[hurdlesprint@gmail.com](mailto:hurdlesprint@gmail.com)

Missouri Coaches  
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- Amazing athletes

# Three Foundational Exercises Explained

For speed development and acceleration development

-Ins and Outs

-Acceleration (Stick) Drill

-V Max (Wicket) Drill

Appropriate from the earliest to the latest stages of training

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# Ins and Outs

PhD level acceleration development and speed development

Introduce 7-8 weeks into training

Genesis/Inspiration/Reference:  
“Thoughts About Sprinting and  
Sprint Training (Speed  
Development from a Sports  
Medicine Viewpoint)”

Professor Manfred Steinbach, M.D. – May 1968

Neurologist – placed 4<sup>th</sup> in LJ, Rome 1960

Objective:

- Maximal Velocity ( $V_{max}$ ) speed development
- Technical refinement and posture retention throughout

Concentration

## Testimonial:

- “Taught” in Level 2 school
- It took me 6 years to learn
- I am still refining my understanding

Observation:

**Ins** and **Outs** is not  
"Sprint-Float-Sprint"

There is no "float"

## Components:

-acceleration segment

-ins

-outs

-finish-coast-stop segment

Each bears clarification

Set up



# Demonstrations





## Acceleration segment

- Aggressive, mindful acceleration
- secondary importance
- segment length varies 20-35m (25m !)
- acceleration fundamentals equired

Acceleration rules apply

## In

- maximal sprint (big hits)
- tertiary importance
- segment length varies 10-20m (12m!)
- sprint fundamentals required

Goal: execute at performance sprint intensity

## Out!!

- Maintain posture & freq'ncy (lesser hits)
- Primary importance!!
- outs** refine and polish the **ins** (IMO)
- segment length varies (10,12,15m)
- sprint fundamentals required

Goal: execute performance sprint posture and frequency at reduced intensity (ROM will be slightly less)

Intensity (Force application into the ground ) is ONLY variable

(downhill analogy/ "freewheeling")



## Useful considerations

- first use 6-7 wks into trng
- 70-120m / 2- 6 reps
- rest interval 5-10' (no less than 5' for 70m)
- 2-6 peaks / 10-15m (12m!)
- straight, curve or alternate (!)

70m set up (3 peaks)  
25m acceleration zone  
15m in  
15m out  
15m in / finish

Where we start: 2-3x 70m

80m set up (4 peaks)

25m acceleration zone

15m in

15m out

12m in

12m out / finish

First expansion

More Demonstrations







WELCOME TO AGGIELAND  
HOME OF THE 12TH MAN

TRACK & FIELD

CK & FAL

Troubleshoot:

-Focused maintenance of  
sprint fundamentals  
through the intensity  
changes

Concentration is both developed and required

## Cues:

- sprint tall throughout (hips)
- 'step down from above'
- rhythm stays constant (ROM and force change subtly)
- 'Freewheel' the **outs** (downhill)

Observation:

-Acceleration is often less aggressive before **ins**

-Acceleration love changed my view

# Applicable principle: Never coach against yourself

Application should polish and reinforce your teaching, not contradict it

Adjust to **O**uts and **I**ns ??



70m set up (3 peaks) 25m  
acceleration zone

15m **out**

15m **in**

15m **out** / finish

80m set up (4 peaks)

25m acceleration zone

15m out

15m in

12m out

12m in / finish

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# Acceleration drill (Stick drill / Tape drill)

Front Game – setting up the sprint

Pure acceleration and extended duration of intensity













## Genesis/Inspiration/Rationale:

-Taught in Level 2 as “stick drill”  
(65cm first stride, progress 15  
cm/stride) from crouch start

Pure acceleration exercise

## Objective:

- Maximal Acceleration development
- Extend maximum intensities
- Measurable evaluation

Push harder and push longer

## Testimonial:

- “Learned” in Level 2 school
- Unsuccessful trial
- Unsuccessful trials with WR holder

# Observation:

Spacing not performance  
specific at 65cm + 15cm/str)

.65, .80, .95, 1.10, 1.25, 1.40, 1.55, 1.70, 1.85, 2.00 >>>>>

2'1.5", 2'7.5", 3'1.25", 3'7.25", 4'1.25", 4'7", 5'1", 5'7", 6'0.75", 6'6.75">>

Too choppy for 6 strides, just right for 6 strides, then reach

# Set up relative to athlete

Front toe / front pedal is datum

$$.94 (3'1") = 11.70$$

$$.97 (3'2") = 11.50$$

$$1.10 (3'7") = 10.50$$









## Useful considerations

- first day of training >> all year
- rest interval 1'/10m for reps
- provide 2-3 differently spaced lanes to optimize
- straight is best for evaluation

## Progression:

- start at 2-3x(10, 20, 30m)
- Metric volumes 120-300m
- Grass>track
- Flats>specialty
- No pedals>front>both
- resistance (devices/uphill)



















Troubleshoot:

- Focused maintenance of acceleration fundamentals

- “Where did you feel yourself stop pushing and start running”?

Concentration is both developed and required

## Cues:

- Set pre-tense/ clear ready mind
- Make big hard splits with hands
- Ankle pass
- Grow down the track
- Temporal cues (longer!)

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## V Max (Wicket) drill

End Game – Sprint tall!

Pure speed development – Acceleration is nominal/incidental

## Genesis/Inspiration/Rationale:

-Personal reaction ( over-reaction?)  
to epidemic overstriding

“Step down from above” – Winckler cue

## Objective:

- Sprint maximally. Eliminate striding tendencies.
- Re-set the ground strike by stepping down – not out

## Testimonial:

- Trial and error
- Progressive spacing builds progressive intensities to maximal (depending on how many strides are set up)

## Components:

- hurdle segment (turned down) – place first
- run-in (placed after hurdles)
- run-out
- finish-coast-stop segment

Set up











UNIVERSITY OF  
**NATIONAL  
CHAMPIONS**

1997 2004 2005 2006 2007  
2008 2010 2011 2014

# Importance 6 str run-in

3'11", 4'2", 4'5", 4'8", 4'11", 5'2", '5'5" (5'5" wicket space)

4'4", 4'7", 4'10", 5'1", 5'4", 5'7", '5'10" (5'10" wicket space)



2014  
2015  
2016  
2017  
2018  
2019  
2020  
2021  
2022  
2023  
2024

ONAL  
PIONS  
2013 2017  
2014









- Importance of building the sprint
- Get more in the last 6 and run out



INTERNATIONAL  
CHAMPIONS  
2004 2001 2003 2007  
2002 2005 2014







NATIONAL  
CHAMPIONS

1950 1951 1952 1953 1954 1955 1956 1957  
1958 1959 1960 1961



NATIONAL  
CHAMPIONS

1950 1956 1960 1968 1972

1984 1992 1996 2000 2004

Proficiency:

18 str / 3.65 = excellent  
progress from there

# Useful considerations

- first day of training >> all year
- 4-6 reps / session
- density 2-4 sessions/ wk
- rest interval 2-3' / rep
- provide 2-3 differently spaced lanes to optimize
- use 6" hurdles, slats, etc

## Progression:

- start at 2x (12, 14, 16 str)

progress quickly to 6x18 str

- Flats>specialty

- Increased run out

- Drop a wicket

- Space increases after mastery



**NATIONAL  
CHAMPIONS**

1999 2001 2002 2003 2007

2009 2010 2011 2014



**NATIONAL  
CHAMPIONS**

2000 2001 2003 2005 2007

2009 2010 2011 2014

# Troubleshoot:

-Focused maintenance of sprint fundamentals as the intensity grows to maximal, then hold.

Concentration is both developed and required







## Cues :

- Hit the run-in
- Get into tall sprint posture before the wickets
- Once in / don't look (feel, listen)
- Keep getting more / don't settle
- Hit the run-out / finish

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# Combination Acceleration and Vmax drill

Effective race modelling. Stay on top of the run!

W 6'5" str after 14 step accel / M 7'2" str after 14 step accel

## Genesis/Inspiration/Rationale:

-Seeking coaching marks for precise race models beyond 22 strides

## Components:

- acceleration segment placed first
- hurdle segment (placed last)
- finish-coast-stop segment









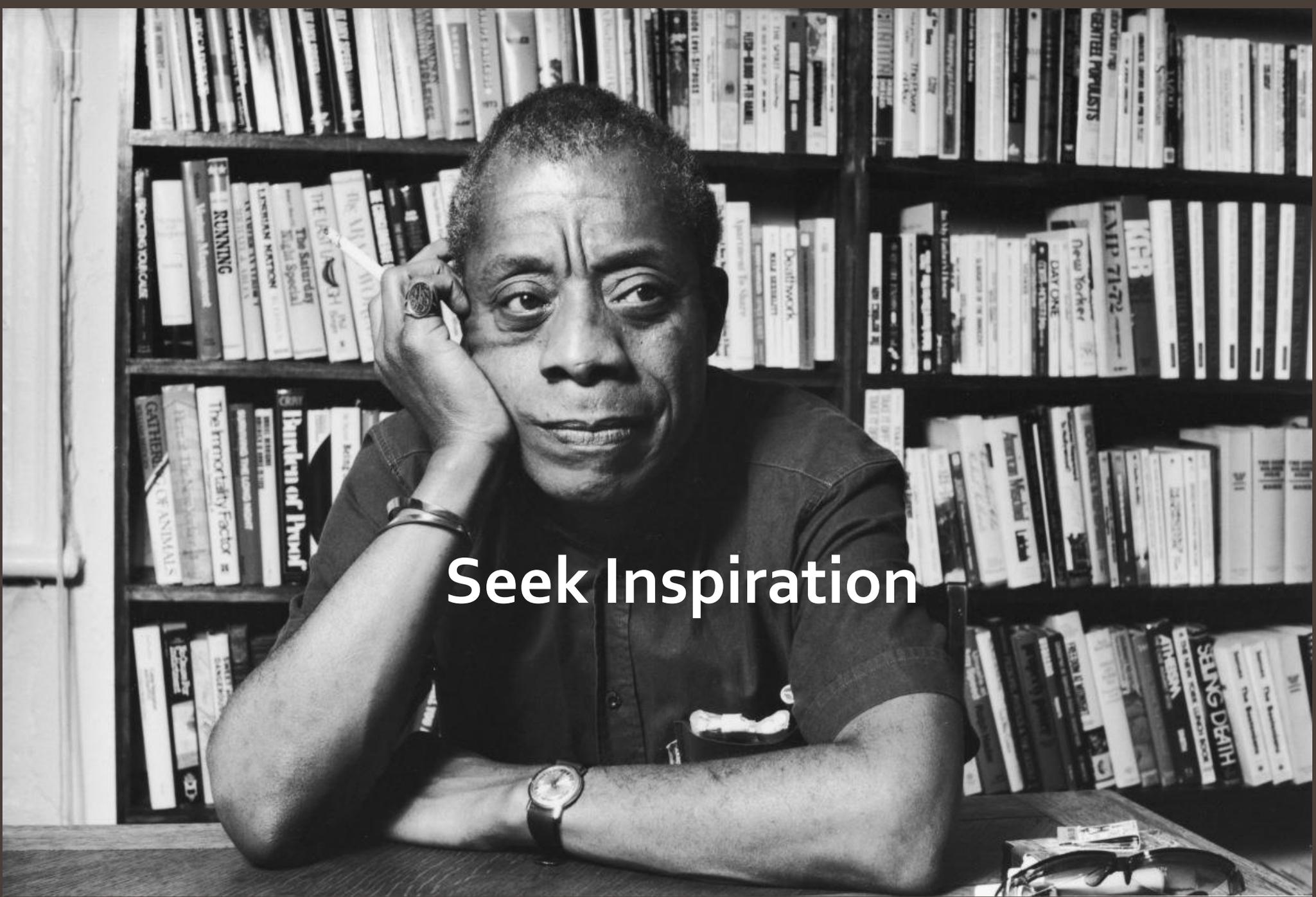
# Troubleshoot: Specific coaching marks for precise race modelling

Phd level exercise

Allow minimum 14  
acceleration strides before  
hurdles introduced (prefer  
16 or more)

## Cues :

- Stay on top of the run
- Keep pushing
- Completion runs - seamless  
(Combining beginning and end)



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