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5 RINGS, 2 PROGRAMS

A Guide to Championship Performance and
Success

Charone Williams
Total Athletic Speed





5 Rings, 2 Programs is a Done-For-You step by step guide that lays out the foundation of training developmental athletes. This Ebook cuts through all the mystery of training design and puts the puzzle pieces together for the athlete and coach. In this book you will learn how to prepare each phase of training whether it's for the high school athlete or the club athlete.

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***5 RINGS, 2 PROGRAMS:
A GUIDE TO CHAMPIONSHIP PERFORMANCE AND
SUCCESS***

CHARONE WILLIAMS

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Foreword

Program design is something that is rarely talked about or discussed when it comes to sports science book, DVD's and informational sets. It is, however, talked about at certification classes, training classes and even at some seminars (of course depending on the speaker and what information they decide to give you), but it's never discussed in full detail and whenever it is discussed the coach is left with more questions than answers and no way for them to seek out those answers.

What I decided to provide is a way to cut through all the science language, cut through all the examples and give a full fledge format of program design for the high school athletes competing in the 100 and 200 meter sprint events.

Certification courses, seminars and conventions can be very expensive. Most of the time they are out of reach as far as cost for the average coach, the information never provides sufficient examples of weekly workouts and only provides maybe a day or two and never how to put the whole puzzle together.

What I've done is put the puzzle together from Week 1 to Championship Week. These aren't examples of workouts, these are real workouts that I used to build championship athletes and championship teams. I have cut through all the puzzle pieces of when, where, how and why and put it all together for the reader. What we have in the following pages is a week by week, workout by workout, day by day fully stored and formed puzzle that's already put together for the coach and athlete.

These workouts are the format and formula I have used to win 5 Team State Championships with 2 different programs in a 7 year span. These workouts are what worked for my athletes and what propelled many of them to be better not only in track and field but also in other sports that they participated in. Not every athlete received a track scholarship to a major Division 1 institution, many of them received athletic aid in other sports, at Division 1,2, 3 and NAIA institutions.

The athletes that I coached at these programs weren't top level talent when they got to me. Many of them were never really considering participating in track and a good amount of them only came out because their main sport coach advised that they run. Many of my athletes' median training age (the amount of years/seasons they have participated in a particular sport) was between 3-5 years! Many of the athletes never participated in the sport before and many only participated at the club level during the summer, so truly developing athletes is something that I must say I had to learn over the years, master and repeat the process year in and year out. I truly identify with high school coaches, not only because I know program design, physics, basic level of chemistry and blah blah blah, but because I speak the language of how to deal

with short seasons, lack of facilities and having to start from the ground up and truly building a program and athletes into all that they can potentially be.

Navigating the Preparation Phases

We have come a long way from the traditional sense of conditioning to a more specific way of bridging the gap between off-seasons and general preparation. The typical and traditional way of 'conditioning' used to be confined to just running...a lot...and doing a bunch of sit ups and push ups. Well, out of all that I can say at least the push ups and sit ups were right on time! However, the phrase "get in shape" has always included and was mostly limited to running miles upon miles upon miles and more endless miles all in the name of improving aerobic capacity. While I'm definitely not knocking the traditional way of "getting in shape" because it certainly has produced many champions and legendary athletes along the way, but what I am doing is offering a different way to look at developing aerobic capacity or "getting in shape".

I am more of the exploratory type of person who will try different methods in order to reach a goal. I have done the traditional way of conditioning with the running of many miles and doing many push ups and sit ups and thrown in some squats to change up the routine, but I have also done, experimented with and implemented more modern techniques to help bridge the gap between off-season and preseason conditioning. From the results I have seen both from my own athletes and from other coaches and their athletes I will stick with the more modern methods of training.

I have found that the general preparation period is a good time to start developing and teaching the skill of speed and acceleration. Also in this phase developing power and elastic strength is a good, if not great, idea as well. These are skills that must be developed and taught properly and waiting until the latter stages in the training cycle to develop them will not yield great results or the coach and athlete may find that technique may breakdown and technical flaws will start to hinder performance. Addressing these issues early, preferably from day one, will increase the likely hood that technical issues won't become a problem later in the season, but then again nothing in sports is "definite" or "a sure thing"!

The General Preparation phase of training should consist of addressing all aspects of training concurrently. Acceleration, speed, power development, speed strength, speed endurance, special endurance, general strength, aerobic capacity, static flexibility and dynamic flexibility are all aspects of training that are addressed within the general preparation period. The reason all these particular aspects are addressed is to set the foundation for what is required for the demands of the sport and also the demands of the specific event. Having a base of speed and power makes it that much easier to build on during the training year. This type of base can set the tone for the training year by pushing the upper limits of speed and intensity. The faster the athletes are developed into being, the more training can reflect the needs of the particular event and the athlete can meet the demands of that event also.

After the General Preparation phase comes the Specific Prep phase. This phase starts to touch on higher intensities in runs that were started in the General Prep period. During this phase the

training should start to touch on preparing the athlete for competition. As the weeks go by, the training should continue to focus more and more on preparing the athlete to compete by doing more race pace high intensity runs and runs that simulate the competitive distances. The Specific Prep phase can be extended to become the Pre-Competition phase instead of forming a totally different phase of training. Pre-Competition is usually just an extension of Specific Prep anyway in that the early competitions are usually during the Specific Prep phase.

Finally we have the Competition phase of training and this where everything starts to come together for the athlete. Training volumes usually remain high during the beginning weeks of the Competition phase, however, as the weeks progress and major championships begin to approach, the training volume should fall off, but intensity remains high during training. As the athlete continues to compete, the number of races that the athlete participates in should begin to taper off as the season goes along. Making sure that the athlete competes in major competitions that involve preliminary and final rounds of competition is vital, especially if prelims and finals are the basis for the major championship the athlete is training for, so not only does training have to mimic competition and the competition setting, but the competitions that are chosen must mimic the major championship meet(s).

The following chapters provide detailed examples of weekly workouts from start to finish, however, depending on the length of the season, voluntary start date and official start date and the goal of the championship meet the athlete is competing for will determine how the program is designed. In the following examples the goal championship meet is the State Championship meet which is usually in the month of May for Florida. I will walk you through the process of designing the training program:

- Start with the goal competition: State Championships (usually first weekend in May for Florida)
- Starting in May, count the beginning of each week going backwards to a desired start date
- I want a start date before the Winter Break, so late November, early December
- This gives me 22-23 weeks in the total training year
- Remembering that we have 3 phases I can now break up the weeks in each phase

Now that we have a format to go off of we can now start figuring how long each phase should be. We always want to allow time for adaptation during each phase to allow the skill set and stimuli that is introduced time to become good habits and we sustain those habits by keeping them in the weekly training plan and by keeping the skill set and stimuli in the weekly training plan the athlete should be able to reproduce the desired result repeatedly during competition.

Format for the Yearly Training Plan:**General Prep: 8 weeks****Specific Prep: 8 weeks****Competition: 6 weeks**

This format gives me 22 weeks from the first weekend in December to the first weekend in May. General Prep is 8 weeks; Specific Prep is 8 weeks which is a little long for that particular phase of training, however, remember that Pre-Competition is usually included in the latter weeks of Specific Prep (usually 2-3 weeks); Competition is 6 weeks with the last two weeks for Peak Competition.

One thing that is not discussed in this book is weights. Why? Simple: too many factors and most high school coaches don't have access to weight rooms, absence of proper instruction and proper technical oversight. I'll leave weight training up to the individual coach and program.



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