

Plyometric & Complex Training

General notes

- 2 or 3 sessions a week with 48 hours recovery between sessions.
- I include them as part of the drills following warm up
- Aim for Quality NOT Quantity
- Carry out the plyometric exercises on grass or the track

Exercises for the Sprinter

To develop acceleration

Plyometrics

- Single leg hopping * 6
- Bunny hops * 6
- Bounding * 10 (emphasis height)

Complex training

- Include barbell Squats

General Phase (winter) - 6 reps with 12RM
 Specific Phase (summer) - 4 reps with 8RM

To develop speed

Plyometrics

- Speed bounding * 10
 (Emphasis on speed across the ground)

Complex training

- Include barbell Lunges

General Phase (winter) - 6 reps with 12RM
 Specific Phase (summer) - 4 reps with 8RM

Programme

	Plyometrics only	Complex training
Week 1	2 sets – recovery 3 minutes/rep/set	2 sets – recovery see below
Week 2	2 sets – recovery 3 minutes/rep/set	2 sets – recovery see below
Week 3	3 sets – recovery 3 minutes/rep/set	3 sets – recovery see below
Week 4	Rest & Test	Rest & Test

Plyometric Exercises

Emphasis on these exercises is a high knee action and height – except for speed bounding where the emphasis is speed across the ground. The upper leg should be parallel with the ground, lower leg vertical and the foot dorsi flexed (toe up).

Complex training

General phase of training - example 2 sets

- Weight exercise - 6 reps with 12RM
- 1 min recovery
- Weight exercise - 6 reps with 12RM
- 1 min recovery
- Plyometric exercise
- 1 min recovery
- Plyometric exercise
- 3 min recovery
- Repeat for next exercise

Specific phase of training - example 2 sets

- Weight Exercise - 4 reps with 8RM
 - Plyometric exercise
 - 3 min recovery
 - Weight Exercise - 4 reps with 8RM
 - Plyometric exercise
 - 3 min recovery
- Repeat for next exercise