

NBAA Track and Field – Coaches Guide

This document was developed to set standard guidelines and instruction for volunteer coaches in the NBAA track and field recreational program. Provided in this document are descriptions of the general practice format, stretches, drills, games, and workouts to be used for training young athletes in track and field.

General Practice Format

6:30 – 6:32	Light Jog Warm-up
6:32 – 6:37	Dynamic Warm-up
6:37 – 6:50	Stride Improvement Drills
6:50 – 7:10	Specialization Segment Jumps / Hurdles / Starts / Exchanges / Distance
7:10 – 7:25	Conditioning Segment
7:25 – 7:40	Strength Training
7:40 – 7:45	Static Stretching
7:45 – 7:50	Equipment Clean-up – All Athletes Assist

Not shown in the general practice format is any specific time to give the kids water breaks. This is left to the coaches' judgement. Young athletes need frequent water breaks. Higher temperature and humidity conditions, in addition to more difficult workouts, will result in athletes needing more fluids and recovery time.

Warm-up / Stretching

Light Movement Warm-up:

Start the practice with a light team jog. For 5th-8th graders about 400 meters, and for 3rd-4th graders about 200 meters. Very slow, easy, jog.

Dynamic Warm-up:

We'll do dynamic warm-up prior to the workout and static stretching at the end of the workout.

- Ankle roll* – use toe of the right foot as a pivot point on the ground. Roll heel in circular motion. Do it eight times. Repeat with the other leg

- Front swing* – right hand against the fence, left arm held out parallel to the ground. Swing left leg forward and backward eight times reaching left foot to left hand. Repeat with the other leg.

- Side swing* – both hands against the fence, swing leg side to side eight times. Repeat with the other leg.

- Down & up* – right leg up in running position with toe dorsi-flexed, left foot on the ground, arms in opposition. Push right foot to the ground tap with mid-sole strike while rotating arms, then quickly return to the original position. Do it three or four times. Then with the other leg.

- Scratching* – right hand on fence, left leg up in running position with toe dorsi-flexed, left hand on hip. On coaches command the athlete pushes foot to the ground to a mid-sole strike, 'scratches' the mid-sole off the ground and with very little back side mechanics quickly raises heel to butt and swings knee high returning leg to original position. Do it three or four times. Then with the other leg.

Stride Improvement Drills

These drills are aimed at improving stride efficiency. They will make kids run faster and jump higher. Absolutely guaranteed. It works for every athlete in every event – sprinters, jumpers, distance runners, everyone. But it can not be a matter of simply going through the motions. Both coaches and athletes need to concentrate during stride improvement drills in order for them to work. Recommend doing about five of the listed exercises each practice. Unless otherwise noted, the repetitions and distances are suggested 2-3 times 20 yards.

High Knee Marching

This drill exaggerates walking because both legs don't leave the ground at the same time. Put hands on hips so that we are concentrating on leg movement. Start by raising the right heel to the butt, then quickly pull the right knee through to bring the right thigh parallel to the ground. Hold this position briefly. Make sure that the right foot is in the dorsi-flexed position with toe pointed up toward sky, or even back toward the shin. Next pull and paw the right foot to the ground executing a mid-sole strike. Continue the cyclic marching movement.

B-March

Very similar to the High-Knee Marching. Instead of pausing when thigh is at the top of the march, we continue by the unfolding the shin and extending foot forward. The foot must be in the dorsi-flexed position. A coach can check this by standing 20 yards away from the athletes and facing them. If the coach can see the bottom of the athletes' shoes when they extend their foot, then the foot is dorsi-flex. If the coach can not see the sole of the shoe the foot is not dorsi-flexed. Pull and paw with a mid sole strike. Continue the march.

B-Skip

Very similar to the B-March, except we move more quickly and introduce a skip move with the leg not doing the high knee action. We also introduce arm movement. The upper and lower parts of the arm should form a 90 - 120° angle. The arms should swing vigorously. Make sure the arms don't cross the center of the body

Running B

Slowly jog forward with high knees and good arm action. Make the exaggerated B motion with the right leg -- heel to butt, pull knee through high, unfold the shin, extend the foot (dorsi-flexed), pull and paw, mid-sole strike. Return to the jogging for a couple of steps, then do the B motion with the right leg again. And so on. Repeat with the left leg on the next run through.

Prancing

No bend at the hips or knees. All energy is exerted with the ankle joint. The athlete "jogs" in this manner for 10-20 yards.

1-2-3 Running B

Same as the drill above, except on the second time doing the B motion, do it two times consecutively with the right leg. On the third time doing the B motion, do it three times consecutively with the right leg. Repeat with the left leg on the next run through.

Straight Leg Running

Same as “prancing” except now we let them bend at the hips. By running in this manner it exaggerates and emphasizes the pull and paw action. No landing on heels. Mid sole strike with heels up off the ground.

Straight Leg Big Strides

Same as straight leg running except this time we emphasize making the strides as big as possible. This helps the athlete feel the pulling action required to run fast. It also helps to build hamstring strength.

Skipping

Land on the heel and quickly roll off the ball of the foot accentuating the push off. After pushing off and extending the ankle joint, quickly pull the toe to the shin prior to landing. Think “toe-off, toe-up.” Remember to maintain good strong arm action without crossing in front of the body. Do one time skipping for height and one time skipping for distance.

Ankling

This drill is a light jog in which we concentrate on the ankle movement of just one foot. On toe-off, concentrate on pushing off with the toe which requires the ankle to fully extend and the toe to point down toward the ground. Then quickly bring the toe up (dorsi-flexed) pointing up toward the shin through the stride. Avoid over-striding and concentrate on a mid-sole landing. Repeat the ankle action. It takes a lot of concentration to do it well. Only focus on one foot at a time. Make sure the arm action is good

Pawing

Raise the knee to bring the thigh parallel to the ground and reach the foot out in an exaggerated fashion. As the foot comes to the ground try to “paw” the ground and pull back. Try to avoid leaning back.

Bounding

Get about a ten yard running start to gather momentum, then bound each stride in an over-exaggerated fashion. Upon foot impact with the ground it requires the athlete to drive the opposite leg and near arm explosively and in unison. The purpose of this drill is to develop stride strength and power.

Butt Kicks

Make a running motion with an exaggerated follow-through action in which the heel lightly touches the buttocks. The action occurs by bending the knee. Instead of lifting

the knee in the front of the body as in a normal stride, the knee and thigh remain vertical throughout the drill.

Quick Feet

The objective of this drill is not to move forward quickly, but to take many rapid short strides. If a runner can reduce the amount of time their foot remains in contact with the ground by just 0.01 seconds, that runner will improve their 40 yard dash time by 0.2 seconds, their 100 meter time by 0.5 seconds, their 400 meter time by 2.5 seconds and their mile time by 10 seconds. The purpose of this drill is to get the foot off of the ground quickly and into the next stride. Raise the knees high and use good arm action.

Running on Hot Coals / Eggshells

The objective of this drill is to develop a quick stride turnover, or to improve stride frequency. The runner should visualize that they are running over hot coals and they are trying to avoid having the soles of their feet burned. They need to take quick, short strides with light feet. Another way to visualize this is to think of running over eggs and trying to avoid breaking any of them.

Advanced Drills:

Hurdle Walk Over – Two in the Box

Place hurdles about 4-5 feet apart and athletes walk over hurdle with left leg doing the “lead” motion and right leg doing the “trail” motion. Each foot should hit the ground once between each hurdle. Emphasize control (have them move very slowly) and range of motion. Lead leg high and trail leg heel gets very close to butt as it passes the hurdle. Next time through do it with the right as the lead leg and the left as the trail leg.

Hurdle Walk Over – Each Stride

Place hurdles about 2-3 feet apart and athletes walk over hurdles placing only one foot down between the barriers. Each leg does the trail motion directly into the lead motion in the same stride.

Hurdle Walk Over – Two Forward, One Back

Place hurdles about 2-3 feet apart and athletes walk over hurdles placing only one foot down between the barriers. Each leg does the trail motion directly into the lead motion in the same stride. Go over two hurdles with both legs, then go in the reverse direction for one hurdle with both legs. Repeat.

Hurdle Walk Under

Raise hurdles to maximum height. Athletes walk to the hurdle, squat low, place one foot through the barrier, transfer weight to walk through and up. Emphasize slow movement and control.

Event Specialization Segment

During this 15-20 minute segment of practice we will break into as many as five different groups (depending on coach availability) each working on specific track and field skills. Third and fourth graders will not be allowed to participate in the high jump event. During the first week of the season, let's try to have kids try lots of different events. After that, we'll let them choose their preferred event for this segment.

High Jump:

- Standing Flop – 5 Jumps: Have kids stand on each long side of the pit, with their back to the pit. Jump backwards landing on back shoulders, kicking feet up. No jumpers on sides, only the two lengths, so they don't bang heads when landing.
- Scissors Jump – 1 Approach: Line kids up three steps away from front of pit. If not identified already, determine if they should jump from right side (jumping off left leg) or the left side. Use basketball lay-up comparison to get kids to think which side they should jump from, or use falling start drill to see which leg is used first. For jumpers on right side, the first step will be with the left leg, – on third step (left) have them drive the right knee up, and jump onto the mat, landing on their foot.
- 3 Step Jump – 2 Jumps: Start from same spot as the scissors jump, using the same steps, but rather than drive the knee up and step on the mat, have them drive the knee up and turn away from the mat, landing on the mat in the same manner as they did in the Standing Flop drill. Repeat a second time.
- 3 Step Jump with bar or bungee cord attached – same as the 3 Step Jump, except the bar is introduced at a very low level initially – maybe 2 feet, to help them mentally clear the bar. Repeat a second or third time, stressing proper form – rotating body completely, landing on back shoulders, and kicking feet up. At this point with about 15 - 20 kids in the group you'll be about 10 minutes into the session, longer if some of the kids need extra help with their form.
- Identify jump take off position as a point roughly one arms length away from the bar, and one arms length in from the standard. Have kids run a J pattern away from the bar to locate their starting position. To keep it simple it may be best to use a 7 step approach at first. With more experience and the need for more speed, a 9 or 10 step approach can be used as the season progresses. You want maximum speed at the take off point for maximum lift.
- With the starting position identified, run through the approach using the 7 steps to confirm the last left step is on the take off point – do not jump yet. Modify starting position if needed. The last 5 steps of the approach make up the curve of the J. The steps prior to the curve should be in a straight line.
- Practice jumps at increasing heights as time permits, balancing the need to let all kids clear the lower levels, and allowing some of the more advanced kids a few shots at some higher heights. At the high school and college level they stress consistency in the approach steps; with different NBAA athletes participating on different days, some for

the first time, for just 20 minutes, this consistency is difficult, but is something to keep in mind.

Running Long Jump:

Standing Broad Jump Drills – in preparation for Hershey Competition

- Positioning. Need to teach them to put the toes from both feet up to the take off line, but not over. Many young athletes have a tendency to hop over the line just prior to take off.
- Arm swing. Practice swinging both arms hard back and forth with deep knee bend to get in position for an explosive jump.
- Butt kick drill. Swing arms, then take a two footed take off emphasizing height. After take off, pull heels to butt as the legs swing through. The purpose of this drill is to emphasize the need to get height. Height is necessary to achieve a successful landing.
- Landing. Practice finishing long by reaching hands out toward the feet at the landing to get maximum distance.

Running Long Jump

- I prefer to teach concepts rather than try to measure the approach length. The phases of the long jump are acceleration, cruising, and steering; as taught by Willie Banks, former world record holder in the triple jump.
- Acceleration. The first four to six strides; really big effort, exaggerated arm motion, exaggerated body lean.
- Cruise. The next six to eight strides. Body position gradually straightens up, maintain near top speed with high knee motion in each stride.
- Steering. The final four strides. The athlete gathers control and steers into the take-off board. The final two strides are significantly shortened and should make a “thump-thump” sound. Unconsciously the athlete is adjusting stride length in relation to the board.
- Lift. As plant foot hits the ground the drive knee (opposite leg) should drive through and high. At take off the chest and hips should face upward toward the sky. Aim for a 45 degree flight angle.
- Flight and land. The hang technique during flight. Hold hands and feet back during flight, then reach hard forward with hands and feet at landing.

Relay Exchanges:

We'll teach the underhand pass.

Receiver:

- Line up on the right or outside part of the lane. Will receive with the left hand.
- Pick a spot 10' away, and start when teammate crosses it.
- Immediately look away from your teammate with eyes straight ahead.
- Extend left arm back toward the teammate, parallel to the ground.
- Keep hand wide open waiting for the pass.

- Close hand and grab baton when teammate yells “stick.”
- Switch baton to right hand immediately and move to inside (left) of the lane.

Passer:

- Run on inside (left) part of lane with baton in the right hand.
- When crossing a spot 10’ away from receiver yell “go!”
- Pass baton in underhand fashion between receiver’s thumb and forefinger.
- Yells “stick” when you get it in there. Let go.

Hurdles:

Stationary Drills

- Lead leg into wall or fence. Knee to the chest, opposite hand in the front of the face (look at the “wrist watch”), extend the lead leg and push it to the ground.
- Trail leg standing swing. Extend knee to hip parallel to the ground. Drive knee forward and up. Heel must stay close to the butt. As heel passes the butt, straighten leg and push the foot down. After getting the hang of it, do it over a hurdle.
- Slide drill. Complements above drill. Works better with the older kids, but not the younger kids. Position a hurdle with one end at 36” and the other end as low as possible. Put the trail leg foot on the lower end of the hurdle and slide it up. Emphasizes heel to the butt. The athlete should feel the trail leg knee driven upward as the heel passes the butt.

Walking Drills

Position three hurdles in alternate lanes (say 2, 4, and 6) about 10 meters apart.

- walking lead leg
- walking trail leg
- walk over hurdle, etc.

Jogging Drills

All the same drills as walking, but now with a slow jog to the hurdle, then a quick movement over the hurdle.

Running Drills

- Arrange for three similarly talented athletes to race over the first hurdle. Winner is the one who gets their trail leg down first.
- Two hurdle races.
- 27” hurdle height for older athletes (later in season).
- 20 meter separation between hurdles for older athletes (later in season).

Distance:

Training aimed at youth athletes more interested or inclined for the 800 meters and up races. Coaches will need to decide on load and intensity (base, tempo, interval) that works best.

Conditioning Segment – Master Schedule

May 24 - June 30, 2010

May – June 2009

Mon	Tue	Wed	Thu	Fri / Sat
24 Team relay game	25 Continuous relay	26 Time Trials	27 Time Trials	28 / 29
31 Memorial Day. No Practice.	1 Cone/crayon game	2 Strides, 80% effort 4-6 x 60, advanced 4-6 x 50, middle 4-6 x 40, beginner	3 Hershey Meet at Ike Fri rain date	4 / 5
7 Aerobic Intervals: 2 x 400, advanced 2 x 300, middle 2 x 200, beginner	8 Timed CAR	9 Cross country meet	10 Goofy relays	11 / 12
14 Helpers tag	15 Hill running	16 beginner: 3 x 100 middle: 3 x 200 advanced: 3 x 300	17 Continuous relay	18 / 19 Sat Hershey Regional meet at West Allis Hale
21 30 / 30 workout	22 beg: 2x, 1x200 1x50 mid: 400, 100, 200, 75 adv: 600, 200, 300, 100	23 Team relay game	24 Helpers tag	25 / 26 Sat Hershey State meet at West Allis Hale
28 beginner: 3 x 75 middle: 3 x 150 advanced: 3 x 200	29 Strides 6-8x, 80%	30 End of season meet at West.	1 Rain date for end of season meet at West	

Conditioning Segment Descriptions

Aerobic Training:

Aerobic training is needed to condition the heart, lungs, and vascular system to deliver oxygen to the muscles so they can produce energy over an extended period of time. In these workouts the athlete runs at 60-75% of maximum intensity for varying durations. Listed below are some of the training games that will be used on aerobic training days.

Cross Country Meet

Break the kids into teams of about five or six kids per team. Try to make the distribution of talent as even as possible. Set up two cross-country courses, one for grades 5-8 (about 1.5 miles), and one for grades 3-4 (about 1 mile). As they finish through the “chute” hand each kid a card with their order of finish. Get them back into their teams, have them add up their scores and find out who won.

Cone / Crayon Game

Set up cones at random spots around the infield. Under each cone place a different color crayon or marker. Each athlete is given an index card with, let’s say, six colors arranged from the top to the bottom of the card. For example, the index card given to athlete #1 might have red, green, orange, blue, yellow, and black, in that order. Each athlete is given an index card with a unique arrangement of colors. The athlete needs to run to a cone and find what color crayon is under it. If the crayon color under the cone matches the first color on the athlete’s index card the athlete marks an “X” with the crayon on the index card and then runs back to the coach who checks it as “OK” with a pencil. Then the athlete goes in search of their next color. They may not go in search of the second color until the first color has been checked as OK by the coach. First athlete to get all six complete gets 1st place. Second athlete to finish gets 2nd place, and so on. Break the kids up into teams and score it as a cross country meet.

3 Lap Infield Races

Set up a 150 meter track with cones for the older kids, and about a 100 meter track for the younger kids. Put them in groups of eight and run a three lap race. While one group recovers, the next group races. Adjust the groups to keep the races close. Have each kid do three races. Work on basic racing strategies – passing on the straight, drafting, staying tight on the rail during turns, passing with authority.

30 / 30 Workout

This workout consists of repeating 30 seconds at about the one mile race pace, and then 30 seconds at half that pace (or a float). Aim for the slowest group to go for about eight minutes continuously, the next group for about 10 minutes continuously, the second fastest group for about 12 minutes continuously, and the fastest group for about 14 minutes.

athlete's one mile race pace (minutes)	distance in "fast" 30 seconds (meters)	distance in "recovery" 30 seconds (meters)
6	133	67
8	100	50
10	80	40
12	67	33

Triangle Run Relay

Three kids per team. Set up a triangle where each leg of the triangle is anywhere between 80 – 160 meters. Each runner runs the entire triangle, and at each corner of the triangle, they have to do prescribed calisthenics (push ups, lunges, sit-ups). Then the next runner goes, and so on. Adjust the teams to keep it balanced. Aim for three or four relay races.

Anaerobic Training:

Anaerobic training is needed to condition the body to deal with the fatigue associate with lactic acid accumulation. In these workouts the athlete runs at maximum or near maximum intensity for short duration, and with relatively short recovery periods. We think the best way to incorporate this type of training for the young athlete is with relay races. Listed below are some of the relay races that can be used on anaerobic training days.

Team Relay

Place four cones in a square formation about 10 yards apart. If there are 20 kids, break them up into five teams of four. Four of the five teams participate at any one time, the other team gets a rest. The participants race around the cones trying to catch and tag a runner from the team ahead of them. Each runner makes only one loop around the cones at a time. If the runner is not able to catch the person in front of them, and is not caught by the person from behind after one lap, the next runner on the relay team takes over. The game continues until someone is tagged. The team that did the tagging is rewarded with a rest session, and the team that was sitting out enters the game. Depending on the number of athletes at the practice, you may need to get creative. Maybe place the cones in a triangle formation if necessary.

Goofy Relays

These are relays in which the runners run straight down and back over a distance of about 20 - 40 meters. Start with a regular relay race. On the next race each runner has to fill their mouth with water at the start of their leg of the relay, avoid drinking it during their run, spit it out at the conclusion, then the next runner can go. Or have a backwards relay race (do this one on grass in case someone falls). Or have each runner to two summersaults at the turn-around point. Or have them do a skipping relay. The sky is the limit.

Continuous Relays

This relay is run around the track, and we use batons to hand off. Break the athletes into two

teams. Coaches set up cones to indicate the baton exchange points. The length of each leg of the relay need not be identical – in fact it is a good to have the athletes experience the feeling of both longer and shorter sprints. If there are seven exchange points on the track there should be eight runners on a team. In a continuous relay there must always be one more runner than exchange points. After an exchange is made, the runner who passed assumes the spot they just passed off to. The relay ends when the last runner (in this case the eighth relay participant) crosses the finish line.

Hill Running

Very demanding. Run up the hill, jog or walk back down. Both Ike and West have hill sections near the track that are roughly 30 meters in length. Adjust the number of reps for the different age groups.

Helpers Tag

Set up cones to designate a field that is about twice as long as it is wide, say 50 yards long by 25 yards wide. One coach is “it” and the players run from end zone to end zone trying to avoid getting tagged. When a player reaches the end zone they are “safe” and can not be tagged. When a player gets tagged, they help the coach by tagging others, until everyone has been tagged.

Strength Training:

The idea behind strength circuit training is to improve both the athlete’s explosiveness and their strength endurance. Explosive strength is key to developing sprinting speed as well as the power required for field events such as the long jump and high jump. But strength training is also important for middle and long distance athletes. Strength endurance refers to the ability to put forth moderately high levels of force for an extended duration of time. The slow twitch muscle fibers can be trained for this. Developing overall body strength also reduces the athlete’s risk of injury.

We will do the strength training as a 15 minute segment at the end of practice. The athletes will do nine exercises, each for one-minute in duration. There will be a 30-second rest between each exercise.

Push-ups:

Some of the younger athletes may need to pivot on their knees. Emphasize good form. This is really tough for most kids. Many will only be able to do a handful. Those that are struggling can do A-B-C push-ups.

A-B-C Push-ups (Alternative to Push-ups):

Push up position with straight arm – no bend at the elbows. Touch right hand to left elbow, then back to two handed position. Next the left hand to right elbow, then back to two handed position. Each touch gets a letter. Say the alphabet.

Quarter Squats:

This exercise needs to be coach-led. Athletes stand with feet shoulder width apart and hands near shoulders as if holding a barbell across back for a squat. At coach's command, the athletes *quickly* drop to a ¼ bend then with zero hesitation explode upward into a jump. After landing allow the athletes a second or two to reset, then repeat. The emphasis is on quickness and appropriate range of motion. In the early part of the season do two sets of six repetitions. Later in the season do three sets of six repetitions. More advanced athletes may use resistance bands.

Curls:

There will be stretch cords and resistance bands to use for this exercise.

Bicycle Sit-ups:

Lay on ground with hands behind head. Bring left knee over torso and touch to right elbow, return. Bring right knee over torso and touch to left elbow, return. Repeat.

Bird-Dog Pose (30 seconds with each knee down):

Kneel in "all fours" position with the left knee down and right hand on the ground. Extend left hand and right leg to a parallel position with the ground, hold for 2-3 seconds. Repeat.

Lunges – add Split Squats later in season:

Stand with feet together and hands on hips. Step forward with one foot and go down on one (the back) knee, then push back up and return to standing position. Repeat by alternating the 'lunged' leg. For the first half of the season, we will do this exercise for the entire one minute

During the second half of the season we will transition to split squats after 30 seconds of lunges. Stand with hands on hips and one foot about 18" in front of the other. Bend down until the back knee just about touches the ground and then jump. While in the air reverse the foot position so that the back foot comes to the front, and the front foot goes to the back. Land and repeat.

Dot Drill:

Alternating one and two foot hopping drill – many variations, most schools do it in gym class. A very nice medium intensity plyometric to build power.

Hamstring Extensions:

Begin in a near sitting position with hands on ground at the hips, keeping butt in the air, and balancing on the heels and elbows. Lift right leg straight into the air as high as possible and return. Do not let the foot hit the ground. Repeat for 30 seconds. Then the other leg. This exercise works the hamstring that is stationary.

Cool Down / Static Stretch

Cool Down:

Have the kids do a light jog or walk, similar to the warm-up, at the end of the workout in order to help clear some of the lactic acid from their muscles.

Static Stretching:

It is very helpful if the coach stretches with the kids. If a coach is not doing the stretches, it sends the message that this part of practice is not important. They need to be led through this activity. Avoid counting, but aim for fairly long stretches of 20 seconds or so. Hit the main leg muscle groups of calves, quadriceps, groin, and hamstrings.

Calf/Achilles: right heel on the ground, hands on fence, and lean into the fence stretching calf and Achilles tendon. Repeat with the other leg.

Quadriceps: bend right leg at the knee bringing right foot up toward the buttocks. Place both hands in the back side of the body and catch the right foot instep and pull back stretching the quadriceps. Repeat with the other leg.

Groin: sit down. Bring heels together, pull feet toward self while pushing knees toward ground.

Hamstrings: remain seated. Extend legs far apart from each other. Lower torso toward the right leg while trying to keep no knee bend, or little bend at the knee. Keep toe pointed toward the sky. Repeat with other leg.

NBAA Track and Field – Resources:

Listed below are some excellent resources that have been used in the construction of the NBAA track and field program.

Speed Improvement for Young Athletes, by George Blough Dintiman, Second Edition, 2006.

Daniels' Running Formula, by Jack Daniels, Ph.D., Second Edition, 2005.

Explosive Running, by Michael Yessis, Ph.D., 2005.

Training for Speed, Agility, and Quickness, by Lee E. Brown and Vance A. Ferrigno., Second Edition, 2005.

Training for Young Distance Runners, by Larry Greene and Russ Pate, Second Edition, 2004.

Coaching Track & Field Successfully, by Mark Guthrie, 2003.

Track & Field Coach's Survival Guide – Practical Techniques and Material for Building an Effective Program and Success in Every Event by Edward L. Wallace, Jr., 1998.

Ready-to-Use Secondary P.E. Activities Program, by Ken Lumsden and Sally Jones, 1996.

Fundamentals of Track and Field, by Gerry A. Carr, 1991.

Complete Sprint Development, by Chuck Bova, undated.