



A Sprints coach never stops learning

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The Sprints Learning paradigm

"Those people who develop the ability to continuously acquire new and better forms of knowledge that they can apply to their work and to their lives will be the movers and shakers in our society for the indefinite future."

- Brian Tracy

Sprints shakers & movers 1

He has coached a number of top sprinters from the Caribbean

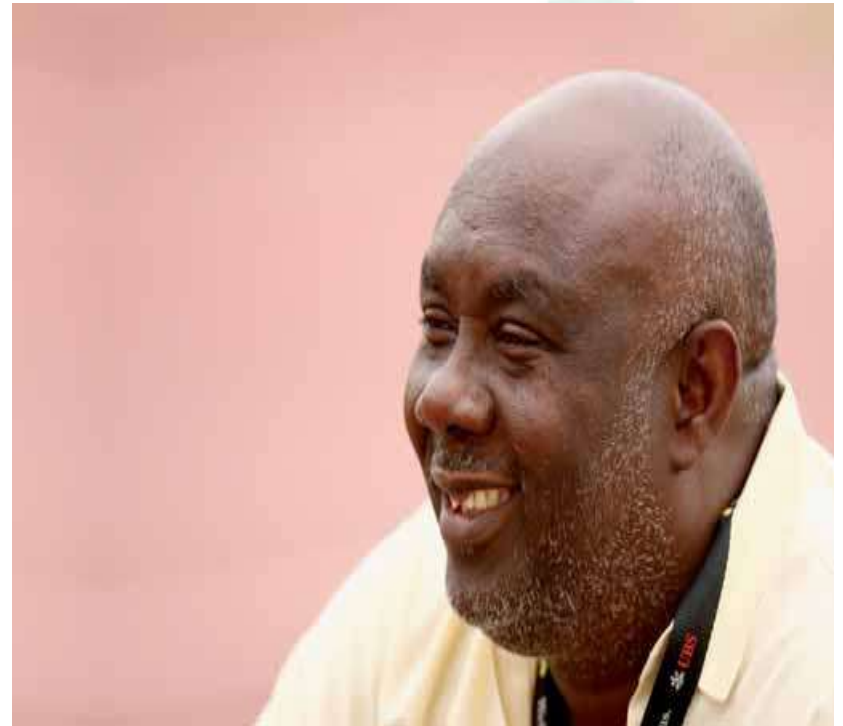
1987 world 100m silver Ray Stewart

2003 world 100m champion Kim Collins

2008 Olympic Triple gold Usain Bolt

2011 World 100m Gold Yohan Blake

Currently the main coach at the IAAF HPTC in Kingston.

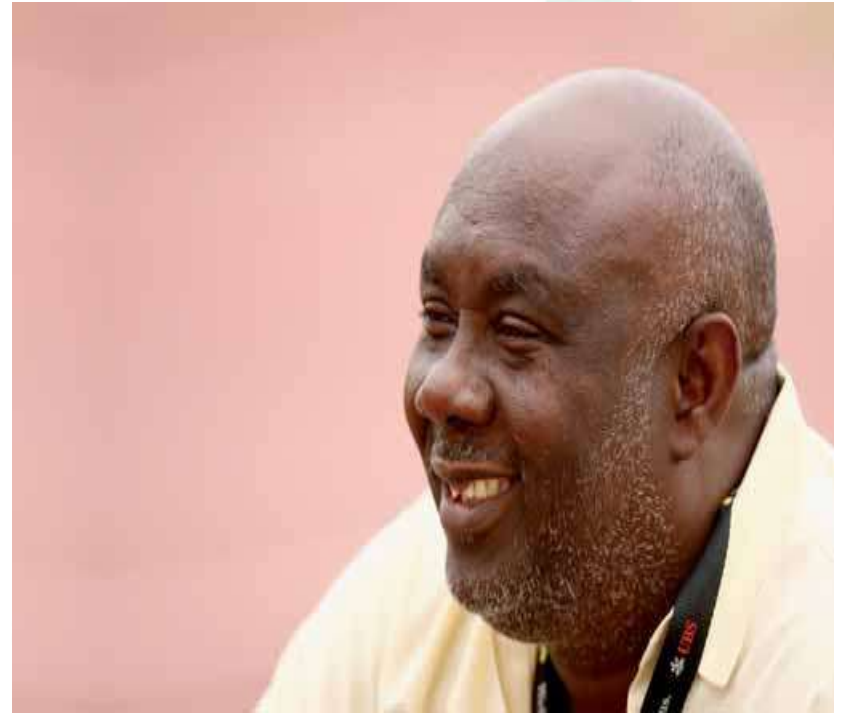


GM storyline...learning continuum

Some 40 years ago I found a passion
for coaching

I have worked on developing myself,
becoming more educated and
qualified,

From that time until now.



GM storyline...learning pursued

I did several courses with the IAAF at the RDC in Puerto Rico and with the IOC.

These were very informative. One that really stands out is a course I did in Mexico.

It was held over an extended period of two months after which I received a Diploma

It was conducted by a number of professors mainly from the former Eastern Bloc countries

They really went into great depth about the event specifics and the supporting sciences.

There was one unit on Sports Medicine,

We looked at some of the characteristics necessary to perform well in the sprints

That knowledge included biomechanical analysis of movement

GM storyline...learning applied...a coaching eye



Usain is an extremely gifted athlete
When I started working with him, one of the things that stood out was his poor mechanics

He was running behind the centre of balance

This resulted in a negative force against his forward drive

His body position put pressure on his lower back

there was a continual shift of his hip girdle and a pull on his hamstring.

He was continually having hamstring problems

GM storyline...learning applied...analytical mind



Because of his poor mechanics he was not able hold the sprint position during maximum velocity running

Athletes tend to reverse to their old habits when put under pressure

Like helping an actor learning a part, coaches have to continuously react and replay and redo the drills in order to break habits, both psychologically and physically,

we also had to do an intense programme to develop his core strength and get into supporting the right running technique.

CH storyline..learning contineously

Clyde Hart is the world's greatest coach of the 400 metres

In a 45-year career at Baylor University in Texas Hart developed no less than 10 sub-45 second performers

3 Olympic and 7 World champions

He is known as a keen student of the science of coaching,

Hart says that much of the new information he receives from various sources confirms the basic principles of the programme he developed and used at Baylor



CH storyline...learning reviewed..to learn



But he points out that simply copying the training schedules of his athletes will not necessarily produce the desired results

“The secret is not in the workout or training, it is in why you are doing it or the time of year you are doing it”,

“You need to know when to implement it, when to back off, when to add to it”

“you need to know why and analyse it”

Sprinting: A multi & interdisciplinary challenge

Students...all the time

‘We are not students of some subject matter, but students of problems. And problems may cut right across the borders of any subject matter or discipline’

Karl Popper

Investigating sprinting problems

draws together a wide range of multi and inter disciplinary perspectives from;

Neurophysiology

Biomechanics,
neuropsychology

Neuromechanics

Biochemistry

Sports medicine,

Strength & Conditioning,

Sports Nutrition

Mentoring etc

FD storyline...learning exhalted

Coaching now is all interdependent and coaches need expertise from others

You cannot learn faster alone and do more than you can by having access to a group of knowledgeable people

And if you aren't learning fast these days you aren't providing the best possible service to your athlete

The ability to learn quickly is the only sustainable advantage

