

Evolution: Happy and Healthy

Harvey Carreathers

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2014 vs 2019

- 4x100 Average time 42.71
 - 2014 44.43
 - 2019 43.13
- Avg weekly distance
 - 2014 3,000m+ per week
 - 2019 1,500m per week

Manzano Boys Track and Field Top 5 List

100m				200m	
10.39	Jordan Byrd	2018	21.30	Jordan Byrd	2017
10.74c	Nick Linden	2009	21.84c	Zack Wesley	1989
10.84c	Zack Wesley/Alex Nolan	1989/2009	22.03	Andrew Erickson	2017
10.86	Sean Reaves	2012	22.24c	Nick Linden	2008
10.94c	Sam Gardner	2009	22.25	Isaac Cole	2018
400m				800m	
48.59	Isaac Cole	2018	1:57.50	David Gallegos	1981
49.08	Jason Martin	2001	1:58.95	Jon Neiser	2007
49.91	Connor Morrison	2011	1:59.44	Ben Lantz	2014
49.97	Jacob Case	2007	1:59.64	Justin Kerstetter	2014
50.45	Matt Stoltzfus	2008	2:00.59	John Brasher	2003
1600m				3200m	
4:20.56	Elvis Terry	1993	9:36.30	Jeremy Johnson	2002
4:26.42	Matt Jones	2007	9:38.44	Jon Biles	1990
4:26.80	Justin Kerstetter	2013	9:47.41	Justin Kerstetter	2014
4:32.10	Chris Bratton	2003	9:52.20	Chris Bratton	2003
4:36.00	John Brasher	2003	9:55.41	Matt Jones	2006
110HH				300IH	
14.54c	Ivory Alexander	1997	39.06	Alex Nolan	2009
14.97	Rusty Ligon	2002	39.22	Ivory Alexander	1997
15.18	Skyler Walker	2013	40.27	Jacob Davalos	2002
15.31	Caleb Trujillo	2003	40.46	Devin Giron	2002
15.43	Devin Giron	2002	40.59	Alyn Melloy	2012
Triple Jump				Long Jump	
44'10"	Tyrone Trammell	2002	23'2"	Pat Carrol	1983
44'9.5"	Gabe Grule	2003	22'10"	Kelly Nitford	1984
41'7"	Shamelle Dumas	2015	22'7"	Ryan Moore	2017
41'4"	Kashiff Robinson	2003	22'3"	Isaac Cole	2018
41'3"	Christopher Ramirez	2014	22'2.25"	Nick Linden	2009
High Jump				Pole Vault	
6'8"	Josh Cosio	2005	14'	Ashcroft/Zamora	1968/82
6'7"	Eddie Parker	1996	13'6"	Nitford/H. Walker	1984/2013
6'6.25"	Pat Flemming	1970	13'	Hesch/S. Walker	2004/ 2011
6'6"	Tyrone Trammell	2002	12'3"	Curtis Vernon	2007
6'5"	Victor Moore	1962	12'	Kel Roberts	2003
Shot Put				Discus	
58'9.5"	Ed Craft	1966	164'11.5"	Matt Kraft	1992
55'5.5"	Glen Vreeland	1975	159'6"	Scott Chafins	1975
54'6"	Anthony Kilby	2003	150'6"	Zach Munoz	2012
53'4"	Matt Kraft	1992	149'3"	Jeremy Lopez	2003
51'10"	Westly Clayton	2005	144'9"	Josh Conway	2004
Javelin				Relays	
206'	Paul Lopez	1982		400m	2018
185'	Eddie Ramos	2007	41.47	800m	2018
184'4"	Breck Vernon	2004	1:27.11	1600m Medley	1963
183'6"	Nick Jones	2007	3:30.20	1600m	2002
155'6"	Dillon Warnock	2004	3:22.47		

What are MVD's?

- Maximum Velocity Drill (Wickets)
- Spacing and progression

Max Velocity Drill Progression _x000D_

Stride	Week 1-5		Week 6-10		Stride	Week 11-15		Week 16-End	
	Men	Women	Men	Women		Men	Women	Men	Women
1	5-3	5-0	5-5	5-1	1	5-7	5-3	5-9	5-4
2	10-6	10-0	10-10	10-2	2	11-2	10-6	11-6	10-8
3	16-0	15-3	16-6	15-6	3	17-0	16-0	17-6	16-3
4	21-6	20-6	22-2	20-10	4	22-10	21-6	23-6	21-10
5	27-3	26-0	28-1	26-5	5	28-11	27-3	29-9	27-8
6	33-0	31-6	34-0	32-0	6	35-0	33-0	36-0	33-6
7	39-0	37-3	40-2	37-10	7	41-4	39-0	42-6	39-7
8	45-0	43-0	46-4	43-8	8	47-8	45-0	49-0	45-8
9	51-0	48-9	52-6	49-6	9	54-0	51-0	55-6	51-9
10	57-3	54-9	58-11	55-7	10	60-7	57-3	62-2	58-1
11	63-6	60-9	65-4	61-8	11	67-2	63-6	68-10	64-5
12	69-9	66-9	71-9	67-9	12	73-9	69-9	75-6	70-9
13	76-2	72-11	78-4	74-0	13	80-6	76-2	82-4	77-3
14	82-7	79-1	84-11	80-3	14	87-3	82-7	89-2	83-9
15	89-0	85-3	91-6	86-6	15	94-0	89-0	96-0	90-3
16	95-6	91-6	98-2	92-10	16	100-10	95-6	103-0	96-10
17	102-0	97-9	104-10	99-1	17	107-8	102-0	110-0	103-5
18	108-6	104-0	111-6	105-5	18	114-6	108-6	117-1	110-0
19	115-1	110-4	118-3	111-10	19	121-5	115-1	124-2	116-8
20	121-8	116-8	125-0	117-3	20	128-4	121-8	131-4	123-4
21	129-3	123-0	131-6	123-8	21	135-3	129-3	138-6	130-0

Pre-Season

- Monday – Max V or Acceleration
- Tuesday – Acceleration or Max V
- Wednesday – X-Factor
- Thursday – Max V or Acceleration
- Friday – Off

Sprinters	Theme	Theme	Theme	Theme	Theme
100/200/400	Acceleration	Max Velocity	Recovery	Max Velocity	
	Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:
	Technique:	Technique:	Technique:	Technique:	Technique:
	4x20m acceleration	6x Handoff Drill	4x flying 20	4xMVD over 8 hands on hips	
	Main Session:	Main Session:	Main Session: x15	Main Session:	Main Session:
	2x150m hills	3x50m	Prone Elbowstand Leg Lifts (L-R)	3x Flying 10	
			Supine Elbowstand Leg Lifts (L-R)Prone		
			Handstand Leg Lifts (L-R)		
		Events	Supine Handstand Leg Lifts (L-R)		
	Multijump	Multijump	Side Elbowstand Top Leg Lifts (L-R)	Multijump	Multijump
		Bounding Series x15yards	Side Handstand Top Leg Lifts (L-R)		
			Side Elbowstand Bottom Leg Lifts (L-R)		
			Side Handstand Bottom Leg Lifts (L-R)		
	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength

Pre Season

- Monday – Tempo
- Tuesday – Weight Room
- Wednesday – Acceleration
- Thursday – Weight Room
- Friday – Aerobic Endurance

	Monday	Tuesday	Wednesday	Thursday	Friday
Sprinters	Warmup -800m	Warmup 70-80-90-70	Warmup -800m	Warmup 70-80-90-70	Warmup 70-80-90-70
1-2-4	6x30m 370m jog rec		Stadiums		
	3x100m 300m jog rec	WR	10x single step 10x double step	WR	Whistle Fartlek x 25min
			3x20 power steps		
			DB's "Lunge Series" 3x10 steps Sprint tech		
	DB's "Power Series" x1		Over head lunge		
	1arm 1leg snatch w/split catch x 4 each arm		Monarchs 6 steps		DB's "Power Series" w/partner
	step ups (low) HR <140		1 arm Front hammers		1arm 1leg snatch w/split catch x 4 each arm
	1 arm clean (a.L-R-Push Press b. R-L- PP c. L, down- R, down-both and squat press		a. forward		1 arm clean (a.L-R-Push Press b. R-L- PP c. L, down- R, down-both and squat press
	Split squat HR <140		b. backward		Single arm snatch x3 each arm
	Single arm snatch x3 each arm		1 arm side hammers a.forward b. backward		
			Sprint tech backward		
		Hurdle Hip drills		Hurdle Hip drills	
	Cooldown/Stretch/ Foot	Cooldown/Stretch/ Foot	Cooldown/Stretch/ Foot	Cooldown/Stretch/ Foot	Cooldown/Stretch/ Foot

Competition Season

- Monday – Special Endurance
- Tuesday – Acceleration/ X-Factor
- Wednesday – Max Velocity
- Thursday – Acceleration
- Friday – Pre-meet
- Saturday - Meet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sprinters	Theme	Theme	Theme	Theme	Theme	
100/200/400	Special Endurance	Acceleration	Special Endurance			
	Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:	
						Varsity
						@Rio Rancho
	Technique:	Technique:	Technique:	Technique:	Technique:	Invite
		MVD x8		3x flying 30's		
		Arms, Hips, Hugs, Airplane, hands up, behind head, Arms				
	Main Session:	Main Session:	Main Session:	Main Session:	Main Session:	
	(1-2)2x60-90-110		3x150 @100%	6-7x40m blocks	Pre Meet	
	on curve w/ blocks		Walk Back Recovery			
	(2-4)1-2x160,160,80					
	30' rec w/10m run in	EVENTS		EVENTS		
	Multijump	Multijump	Multijump	Multijump	Multijump	
		Partner assisted Jumps 3x10				
		Depth Jumps one leg 3x5				
	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength	
			Girls JV @ Milne	Boys JV @ Milne		

Competition Season

- Monday – Special Endurance
- Tuesday – Max Velocity
- Wednesday – Special Endurance
- Thursday – Acceleration
- Friday – Pre Meet
- Saturday - Meet

	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr
	Monday	Tuesday	Wednesday	Thursday	Friday
Sprinters 1-2-4	Warmup -800m	Warmup 70-80-90-70	Warmup 70-80-90-70	Warmup -800m	Warmup 70-80-90-70
	MVD x4	PNF stretching	MVD x4	PNF Stretching	
	400 Group	400 group	400 Group	400 Group	Wilson Relays Boys
	Blocks 4-6x60m on turn	15-20x100@70% R=45-60"	B=20.2, 9.7 G=24.2, 11.6	5-7x100 B=13 G=15.8	Albuquerque Relays Girls
	2x200m@85% R=2' B=29.4 G=35.3	B=17.9 G=21.4	2x160,160,80 w 60" between and 5' btw sets	100m then walk back to 50m & repeat	
	100 Group	100 Group	100 Group	100 Group	
	10-15 100m@75% R=45"-1'	Blocks 4-6x55 R=6'	2x Core/Mobility Circuit	2-3x30, 60, 90 walk back 8-10' between	
	All		prisoner squats, push ups, walking lunge, mountain climber- high foot, squat jump, crawling push ups, burpees		
	Core: planks 5x30sec ab 45s 4x4sec	All	All	All	
	"Jump Blocks" into HJ mat	Plyos:	52 sec run	Plyos	
	DB's "Power Series" x1				
	1arm 1leg snatch w/split catch x 4 each arm	WR		Blocks 2x20m in turn	
	step ups (low) HR <140			2x20m on straight	
	1 arm clean (a.L-R-Push Press b. R-L- PP c. L, down- R, down- both and squat press				
	Split squat HR <140				
	Single arm snatch x3 each arm				
	Middle School Meet MHS Host		Jv Girls @ Wilson	JV Boys @ Wilson	
	WEIGHTROOM	ABS (plyo balls)/pushups	WEIGHTROOM		WEIGHTROOM

Championship Season

- Monday – Acceleration
- Tuesday – Speed Endurance
- Wednesday – Active Recovery/ X Factor
- Thursday – Pre-meet
- Friday – Meet
- Saturday - Meet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sprinters	Theme	Theme	Theme	Theme	Theme	
100/200/400	Acceleration	Special Endurance II				
	Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:	Varsity
						@Harper
	Technique:	Technique:	Technique:	Technique:	Technique:	
	4x30m drop ins	30-60-90	MVD x8			
			Arms, Hips, Hugs, Airplane, hands up, behind head, Arms			
	Main Session:	Main Session:	Main Session:	Main Session:	Main Session:	
	(2-4) 4-6x50	Boys 23 second run	Speed Bound 3x 50	PRE MEET	Varsity @ Harper	
	(1-2) Blocks 200m 2-3x30m 2-3x60m R=full	Girls 27 second run	Straight leg shuffle 3x50			
	EVENTS		EVENTS			
	Multijump	Multijump	Multijump	Multijump	Multijump	
	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength	Cooldown/Stretch/ Foot Strength	
			Girls JV Metro	Boys JV Metro		
			-@ Community	-@ Community		

Championship Season

- Monday – Max Velocity
- Tuesday – Speed Endurance
- Wednesday – Active Recovery
- Thursday – Acceleration/ Pre Meet
- Friday – Meet
- Saturday - Meet

