

The Ultimate Olympic Developmental Training And Nutritional Guide For Young Teen Track Athletes

Are you a young aspiring track athlete looking to take your skills to the next level? Do you dream of one day competing in the Olympics and representing your country on the world stage? Well, you're in luck! In this comprehensive guide, we will provide you with all the essential training and nutritional tips to help you achieve your goals and excel in the world of track and field.

Training for track and field events goes beyond simply running in circles. It requires a holistic approach that focuses on developing various physical attributes such as speed, strength, endurance, and agility. Let's delve into the different aspects of training that will help you become a top-tier track athlete.

1. Building a Strong Foundation

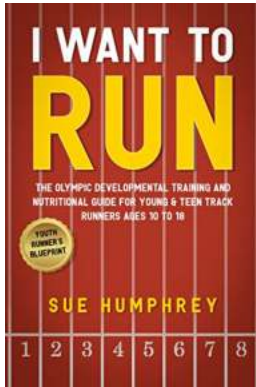
Before you can start working on the nitty-gritty details of track and field training, it's crucial to build a strong foundation. This involves developing general athleticism and overall fitness. Engaging in activities such as swimming, cycling, and playing various sports can help improve your cardiovascular fitness, coordination, and overall strength. Remember, a strong foundation is the key to becoming a successful athlete.

I WANT TO RUN: The Olympic Developmental Training and Nutritional Guide For Young & Teen Track Runners Ages 10 To 18

by Sue Humphrey (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English



File size	: 3271 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 92 pages



2. Speed and Sprint Training

When it comes to track events, speed is of utmost importance. To improve your speed, incorporate sprint training into your workout routine. Short, intense bursts of speed will help you develop explosiveness and quickness. Additionally, performing agility drills and plyometric exercises will enhance your ability to change direction swiftly and efficiently.

3. Strength and Resistance Training

Strength and resistance training are essential for track athletes to develop power and muscular endurance. Engage in exercises that target major muscle groups, such as squats, lunges, deadlifts, bench presses, and pull-ups. Incorporating resistance bands and medicine balls into your workouts can also help improve overall strength and stability.

4. Endurance and Stamina Training

Endurance is vital for track athletes, especially those competing in long-distance events. Incorporate long runs, interval training, and tempo runs into your training routine. These workouts will help improve your aerobic capacity and enhance your ability to sustain a fast pace throughout the race.

5. Flexibility and Mobility

Flexibility and mobility are often overlooked aspects of track training, but they play a crucial role in preventing injuries and improving performance. Focus on stretching major muscle groups before and after your workouts. Additionally, incorporate mobility drills, such as hip rotations and shoulder rotations, to ensure proper joint mobility and range of motion.

6. Proper Nutrition for Optimal Performance

Training alone is not enough to reach your full potential. Proper nutrition is equally important in supporting your training and ensuring optimal performance. Here are some key tips to keep in mind:

- Consume a balanced diet that includes a variety of fruits, vegetables, lean proteins, whole grains, and healthy fats.
- Stay hydrated by drinking plenty of water throughout the day.
- Ensure you're getting enough calories to fuel your training sessions and promote muscle recovery.
- Include quality sources of protein in your diet to aid in muscle repair and growth.
- Avoid excessive consumption of sugary snacks and processed foods.

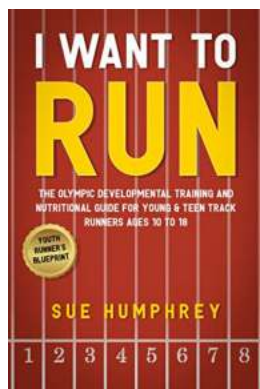
Remember, nutrition is a critical aspect of your overall training plan, and neglecting it can hinder your progress and performance on the track.

7. Recovery and Rest

Lastly, don't forget the importance of adequate rest and recovery. Pushing your body to the limits is essential for improvement, but it's equally important to give

your body the time it needs to recover and repair. Make sure to prioritize getting enough sleep, as it plays a significant role in recovery and overall well-being.

Following this comprehensive developmental training and nutritional guide for young teen track athletes will set you on the path to excellence in the world of track and field. Remember, consistency and dedication are key. With the right mindset and training, you can achieve your dreams of becoming an Olympic track athlete. So, lace up your shoes, hit the track, and let your journey to greatness begin!



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“Sue Humphrey is someone I’ve known for over four decades. I have always admired her commitment to details and her patience while coaching a beginner or a world class athlete in the sport of track and field. Sue Humphrey’s ability to help individuals reach their full potential is a tremendous credit to her desire and passion towards teaching and coaching. Sue is a hidden jewel with a wealth of knowledge about running, jumping, and throwing. I was one of her students

(Athlete). Sue’s ability to communicate and connect to young people on their level is the reason why this manual would be a great book to use as a reference and a guide to help the next generation of Olympic hopefuls to become Olympians.”

Jackie Joyner-Kersey, World Record Holder Heptathlon, Olympic Gold Medalist in the Long Jump & Heptathlon, considered the world's greatest

“Within one season of training with Sue, my attitude towards track and training was transformed. She is motivating and energizing and has taught me how to push through any workout. Not only is Sue an inspiring coach, but she truly cares about me off the track and is a mentor for me in life, always willing to provide advice or insight when I need it. With years of experience behind her, she is a natural coach and mentor--I would recommend her to anyone in search of a passionate and knowledgeable coach.”

Gabby Thomas, 2021 USA Olympian, 2-time Olympic Medalist, 3rd fastest woman in the 200-meters all time

Do you want to be a star on your school track team?

Well, here’s the perfect runner’s blueprint for you, your coaches, and your parents!

You want to be on one of the athletic teams at school. What sport grabs your attention?

Track & field seems to be the most popular activity on campus and there are a lot of different events to try. You hurry to find the coach and sign up!

I Want To Run: The Olympic Developmental Training and Nutritional Guide for Young & Teen Track Runners Ages 10 to 18 by Olympic Coach Sue Humphrey is the book for you.

Explaining all running, relays, and hurdles, Humphrey provides a general description and basic workout ideas for young athletes ages 10-18. Other vital sections include to get better “off the track” with nutrition ideas, how to warm up and warm down, and how important sleep is to an athlete.

Humphrey has over 50 years of coaching experience track and field with male and female athletes of all ages. She began her career working with elementary school and high school age girls in Phoenix, AZ. When Title IX became law, Arizona State University approached Humphrey about coaching their new women’s program. After success at ASU, she went on to coach collegiately at California State University-Long Beach and The University of Texas at Austin.

Internationally, Humphrey represented the USA by leading the USA Women’s Olympic Track & Field Team in 2004. In addition, she served on the 1992- and 1996-Women’s USA Olympic Track & Field Team.

The beginner athlete/coach/parent will be introduced to all running events from the 100-meter dash through the 3200-meter run, the variety of the relays run in scholastic meets, and hurdles from the 80-meter race to the 400-meter event.

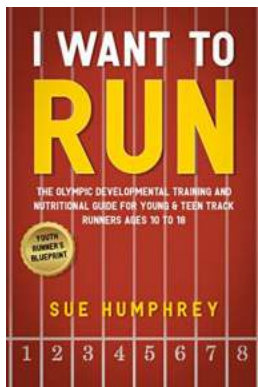
This youth runners’ blueprint includes:

- Brief history of track as a sport and the Olympic Games
- Description of each event from the 100-meters through the 3200-meters
- What kind of future you can look forward to in the sport

- What opportunities you might have after a college career
- How nutrition plays a part in your success
- How sleep can make you a better runner
- Why you should be sure to warm up and warm down

And so much more...

Don't lose another day! Order your training manual now by clicking the "Add To Cart" button and become one of the best runners around.



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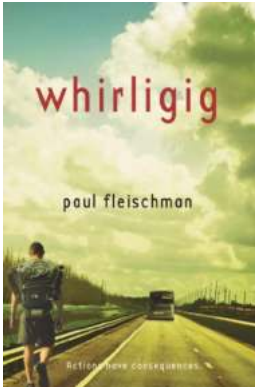
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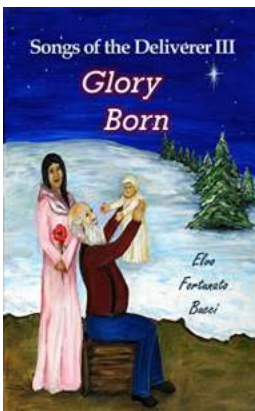
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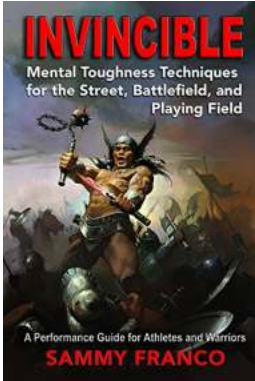
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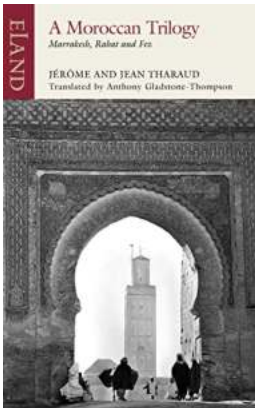
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