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How to Train Sprinters

Jay Edwards

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Track & Field is mostly a sprint sport. All things being equal, speed usually wins the race. The pure sprint events include the 100 meters, 200 meters, 400 meters, and the 4x100 and 4x400 relays. Sprint speed is also a crucial component of the hurdles, horizontal jumps, pole vault, and middle distances. All told, these comprise 12 Track & Field events. To have winning teams, you must be able to teach and train your athletes to run with speed.

How to Train Sprinters by Coach Jay Edwards is the book that teaches coaches the process of challenging their athlete to become sprinters of the hishest order.

Basketball coaches have been known to say, “you can’t coach height, so you better recruit it!” Similarly, coaches and athletes in all sports have surrendered to the belief that speed, like height, is a trait predetermined by genetics and something which cannot be improved much by training. The truth is that speed can be significantly improved through training and an awareness of the essential techniques common to the fastest sprinters. The development of running speed is not simply a gift of genetics. Speed is a skill, and it can be learned and developed by athletes at every level of competition.

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