

Hello,

First I would like to thank you for allowing me the opportunity to introduce myself and help you achieve your goals.

My name is Eric Dixon and enclosed is a summary of my experiences for you to view. I'm a Certified Level One Coach with USA Track and Field with over 30 years of experience, concentrating mainly on the sprint events (60m-800m). In recent years, my focus has been on sport specific/event speed training. I've trained youths and adults in Baseball, Football, Soccer, Gymnastic (vaults and floor), and Track. In addition, I currently, compete as a Masters Track Athlete in the 60m to 400m sprints. I've competed in various National and World events for the USA Masters Track and Field Team.

I would welcome the opportunity to meet with you to discuss further how I can help you, or your athletic program achieve your goals.

Please feel free to contact me to arrange a meeting.

I look forward to talking with you soon.

*Eric K Dixon*

Tachyon Training Center

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***Now for the fun stuff:***

This is a general introduction of what my training program offers.

**Training:** *This training program is a living and breathing document. As the athlete grows and evolve so too will it grow and evolve.*

**Training Segments:** There are generally four segments in a training year.

1. Off Season (Recovery Period)
2. Early competitive season (Basic Training Period)
3. Mid Season (Competition Period)
4. Late Season (Peak Performance Period)

**Types of Workouts:**

1. Endurance Running: This is pure aerobic and can consist of continuous runs for up to 45 minutes. This will improve oxygen uptake to reduce recovery time. This is usually done in the Early Competitive Season.
2. Tempo Endurance: This is an aerobic workout to help the runner increase their oxygen uptake. This will also help shorten the recovery time. This is usually started in the Early Competitive Season and will continue throughout the season.
3. Segment Running/Event Running: This workout is running different distances at pre-determined race pace. All timed and recorded. I'll tell you what target time to hit.
4. Strength Endurance: This workout includes long-hill running, stadium steps, and resistance running.
5. Speed Endurance: This is an anaerobic workout where the athlete will incur a high oxygen debt and will experience lactic acid buildup. The distances will vary from 100m to 600m. The point is to build up the lactic acid energy system.
6. Power Speed: This workout's emphasis is on speed of muscle contraction. This is done with 10 reps and no more than 10 sec's per rep.
7. Speed: This workout will have varying distances of 20 to 200m. The rest is full recovery because it's about quality not quantity.
8. Strength Training: Depending on the age of the athlete this workout will consist of:
  - a. Workout with Weights and machines
  - b. Plyometric drills
  - c. Core (medicine ball exercises)
9. Flexibility:
  - a. Dynamic stretching (before workouts)
  - b. Static Stretching (after workouts)
10. Agility and Balance: A variety of sport specific drills depending on the sport and the athlete's ability.

11. Goal Setting: Every athlete/team needs a destination. Together we will define individual and team goals.
12. Form: “**Speed is a skill**”, it is a progressional development in teaching the athlete the ease in running fast.

**ERIC DIXON**

<b>Events:</b>	50m	55m	60m	100m	100m	200m	400m
<b>PRs: Masters (45-50)</b>	6.63	6.66	7.48	(1980) <b>10.05</b>	11.52	23.29	53.80

**Born:** Philadelphia, Pa (1959)**Weight:** 175**Current Residence:****E-Mail:** [TachyonTC@cox.net](mailto:TachyonTC@cox.net)**Cell Phone:** 949-636-9234**Web Site:** [www.scstriders.org](http://www.scstriders.org)**High School:** ML King Philadelphia, PA**yr:** 1978**College:** University of Phoenix**Coach:** Self / Stephen Kaczynski, Southern California Striders Track Club.**Agent:** Brandon Daniels, Sports Management Worldwide (SMWW)**Sponsor:** None at this time.**Coaching  
Experience:****PROFESSIONAL BACKGROUND**

- **Athena Track Team (Sprint Coach and Trainer):** The Athena track team is a **National Masters Women's Track and Field** club. The club currently holds World and American Records in the 4 x 400m and 4 x 800m relays. [www.AthenatrackClub.org](http://www.AthenatrackClub.org) (2007-present)
- **Sothern California Striders Track Team (Assistant Coach):** The club is a mixture of Masters and High School athletes. At present all of our High School athletes have received full or parcel college Track and Field scholarships. [www.SCStriders.org](http://www.SCStriders.org) (2004-present)
- **USATF Coaching Education Program Level 1 Certification:** Completed all required training courses and examination per the USA Track and Field curriculum to receive the **USATF Level 1 Certification**. (2008)
- **West Football Camp (Speed Coach):** Worked with the WFC Mission Viejo Camp. Rodney Gatlin Camp-Administrator (2006)
- **North East Santa Ana Little League (Speed and Condition Coach):** For the AAA Cubs Baseball team. (2006)
- **Youth On Track Foundations (Sprint Coach):** For the Speed & Altitude 101 clinics. (2004-present)
- **High School athletes (Track Coach):** Coached or assistant coached various High School track athletes who have become CIF sectionals to CIF State Finalists in all sprint disciplines [USAir Force to S.C. Striders]. (1980-present)

<b>Training Equipment:</b>	<ul style="list-style-type: none"><li>• <i>SPARQ's</i><ul style="list-style-type: none"><li>○ XLR8 Digital Timing system</li><li>○ Parachutes</li><li>○ Speed Ladders</li><li>○ Speed Discs</li><li>○ Power Balls</li><li>○ Agility Hurdles</li></ul></li><li>• <i>Video Camcorder</i></li><li>• <i>Portable DVD player</i></li></ul>
<b>Career Highlights:</b>	<ul style="list-style-type: none"><li>• Southern Calif. Assoc. Masters Championships 100m – 1st (2001), 2nd (2002)</li><li>• Southern Calif. Assoc. Masters Championships 200m – 1st (2001)</li><li>• U.S. National Masters Indoor Championships 60m – 3rd (2005)</li><li>• U.S. National Masters Indoor Championships 200m – 3rd (2005)</li><li>• U.S. National Masters Outdoor Championships 100m – 6th (2002), 3rd (2005)</li><li>• U.S. National Masters Outdoor Championships 200m – 4th (2005)</li><li>• World Masters Championships 100m – 4th (2003)</li><li>• World Masters Championships 200m – 7th (2003)</li><li>• World Masters Championships 400m – 8th (2007)</li></ul>