

**TOP FORM, INC.**



**LIVE IT!**



**SPEED!!**

NICE!



# WOW!!!

- <http://www.nbcolympics.com/trackandfield/news/newsid=223241.html>

# What Type?

- Straight
- Start
- Reaction
- Back
- Lateral
- Back Diagonal
- Speed Strength
- Speed Endurance

# The Stance

- Three point start
- Hips higher than head
- Feet shoulder width
- Front foot to back
- Toes straight ahead....also in run
- Ankle of front leg under hips
- Hand on ground under shoulder...forward COG
- Opposite arm 90 ... ready to throw

# Learning

- Speed is essentially learning a new language only on the motor cortex
- The same rules apply: This is, the younger the mind the less trouble you run into setting up the proper synapses and eventually learning/memory!

# Teaching/Muscle Memory

- If mastery is your goal.....a perfect mental picture and constant training of physical perfection is needed.
- Muscles/Simple Neuro Reflexes have a limited memory...constant skill development will ensure this memory can be called back at a moments notice....anytime....anywhere!

# Strength for Speed

- 50% from legs, 35% for core, 15% UE
- SQUAT!! Yes you may become slower!
- The Core
- UE



# Demands (Energy Systems)

- Know your sport!
- ATP/PC
- Lactic
- Glycolic
- Aerobic

# Speed Training Prescription

- Reps- 8 x 400's
- Distance 400's
- Work Time
- Rest Time
- Workout Distance: Total distance
- Frequency/ week

# Training

- Interval best for speed
- Base times off mile
  - if run 6min mile then divide by 4 and subtract 8sec: 1:24 intervals
- Work/Rest: 4:1 30s work, 3:1 60s, 2:1 90s, 1:1 anything above 90s

# Speed Drills

- Three Cone Drill
- College Drills: Michigan, Nebraska, Florida State, Oklahoma
- Munoz
- T-Test
- Shuttle Test
- Heavy Sled
- Parachutes
- Chords
- Etc.