



Speed is the Key

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We cannot all be the fastest ... but, we can all learn to be faster

General Program

Knowledge
accumulates quickly
in an open mind

Step 1: *How fast are you? (Week 1)*

Step 2: *The Program: Weeks 1 - 3
Weeks 4 - 6
Weeks 7 - 9
Weeks 10 - 11*

Step 3: *Re-assessment (Week 12)*



e.g. AFL .. while the average sprint distance is 13m, sprinting is a skill that must be repeated .. often, and, in an "open" context.

Potential .. is what you may be capable of
Motivation .. directs what you do
Attitude .. determines how well you do

Devise or apply specific tests before and after the program:
e.g.

1. 20m ST / 20m FLY

... Adapt to your SPORT ...

2. Speed & Agility

Purpose: Test the ability to *accelerate* (20m Standing), and *maximal running speed* (20m Flying).

Equipment: Light gates (3 pairs). 50m of grass track .. straight, level, and if there is a wind, that the track be positioned for a cross wind. Sneakers, bare feet, or spikes. Hand times OK: add .10 to compare with electric times.

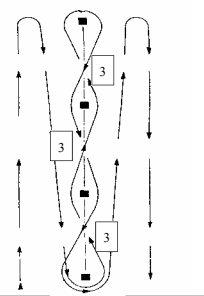
Procedure:

- Mark the Start, 20m, and 40m points.
- Athlete stands, one foot behind the other, just behind start line.
- Athlete **must** be stationary at the start.
- Timing commences from first foot movement (back foot) after the start.
- Encourage the athlete to run through the final gate .. to a point 3m beyond (a further marker is advisable as a target).
- 2-3 trials per athlete; complete (appropriate) recoveries.

Select the **best** performance of each athlete.

Develop and Maintain a Training Diary

Sample available on request



Other **Agility** Tests are available; simple yet challenging

Purpose: Test ability to apply *speed* and *co-ordination* in circumstances that challenge the *agility* of the athlete.

Equipment: Firm flat (indoor) surface; masking tape; 4 cones .. 3m apart.

Procedure:

- Athlete starts in the prone position; hands beneath shoulders (Push Up start at the command/whistle).
- At the command, the athlete **launches** into completion of the circuit as indicated. Rehearsal at 70-80% before main trials; then **best** of three non-slip trials.

Keep a record of your performances, and/or compare with known standards ... statistical support available.

Pre-Test

Post-Test

Date: _____

Date: _____

20m ST:

20m FLY:

Agility:

Don't expect more than YOU put in
Persistence + Patience Produces Positive Progression

Enhancement of **EXPLOSIVE POWER** (Weeks 1 - 3)

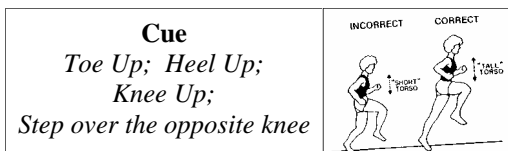
(Football / Basketball / Netball / Tennis / Swimming / Track & Field)

The following represent **some** of the activities you can pursue in the search for greater speed / power.

YOU should program regular completion of these (and other) activities.
Progress comes from Patient Perseverance.

1. DRILLS for SPEED

- 1.1 A-Skip
- 1.2 Butt Kicks: Right / Left / Alternating
- 1.3 Fast Claw
- 1.4 Ankling



2. SPEEDBALL

Progression to 3-6 x 3 minutes; final 30 seconds at maximum effort (speed).
Focus ... Concentrate ... Keep your hands/elbows up. (Alternative: 6 x 30 secs. Focus Mitts)

3. HURDLE BOUNDING

Maximum of 20 contacts per set; 2 Sets.
5 Hurdles (poly pipe): 50 - 76 cm.
4 x 5H with pre-jump.
4 x 5H **Explosive** .. **only** after rhythm and confidence established.
Knees to chest, rather than chest to knees:
aim for maximum clearance.
Head (eyes) Up: however, retain eye contact with hurdle.
Feet 10-15 cm. apart on landing.
If insecure .. step away; start again.
1-2 mins. between each series of bounds; don't race through the sets.

Only Plenty of Perfect Practice Produces Positive Performance Progression



4. REGULAR COMMITMENTS

- Stretching (30-60 mins.) Can be informal, e.g. watching TV. You can use the DFK stretches,

or, select and practice stretches specific to your major sports;
Aim: Sit & Reach: +20;
Full Hurdle Sit (upright; right angles; both sides);
Full Split (alternate lead leg).

After rhythm and confidence is established, the aim is to spend **minimum** time on the ground; i.e. **explosive** bounding.

- 2 (sets) x 25-40 **Full Push-Ups** (**Believe and Achieve** - you can and will improve.)
- 3 (sets) x 50 Bent Knee Sit-Ups:
variations: straight / twisters / cross-overs / lower abdominals.
- Back Extensions ... after sit-ups (5-6 ... hold each for 3-5 seconds).
- Chin-Ups ... work towards 10.

Push-Up / Sit-Ups
Try the Modified versions .. audio tape directed; keep a record of your progress

- ⇒ The **aim** of this part of your program is to provide **basic strength** and **fitness**.
- ⇒ Don't go overboard ... **Rest** is your most important training session since this is the time when your muscles adapt to training (i.e. grow stronger and more capable).
- ⇒ Try to stick to a regular schedule ... but, if you are too tired, or really don't feel like it, don't do it. **Rest** ... *live to fight again another day.*
It only takes a few moments to complete the tasks ... probably best in the mornings so that you "get it over and done with".
- ⇒ Keep a **record** of your **work** and your **progress**. A **Training Diary** is a great help here.

Stretch those hamstrings

There are no magic programs .. get the basics right and work hard.

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Sport Specific **Medicine Ball Circuits** available: Netball, Basketball, Football, Sprints/Hurdles, Swimming, Tennis,

Enhancement of **EXPLOSIVE POWER** (Weeks 4 - 6)

(Football / Basketball / Netball / Tennis / Swimming / Track & Field)

Each session **you** must **select** from the range of drills and activities presented by the program. Apply those that best suit your needs ... **consultation** with your coach is highly recommended.

For example: speed is best enhanced when muscles (and mind) are “fresh”.
Accordingly, complete recoveries are recommended between sets or activities.

- 1. DRILLS** Select 2-4 drills; 10-15m: repeat each 2-3 times; drill both sides of the body to equality; introduce variations: e.g. ankle weights / release.
A-Skip; Butt Kicks; Fast Leg; Combinations: Fast Leg / Butt Kick;
Ankling; B-Skip; Straight Leg Shuffle; Straight Leg Bounding;
SLB-Fast Leg .. Alternating.

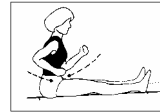
Direct coaching and video support are highly recommended to achieve perfect execution ... do **not** develop and repeat errors.
We are (or become) what we repeatedly do!

2. SPEEDBALL

6 x 1 minute; build to maximum tempo over final 15 seconds; 1 minute recovery.
Alternative: High Speed Punching ... Focus Mitts (6-8 x 30 secs.)

3. PUNCHING BAG

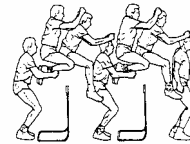
Heavy Bag; Gloves; “**fast**” not “hard” punching cycle;
Sprint arm action. Count on one arm only. 4-6 x 20.



Seated Arm Drill: to establish posture

4. HURDLE BOUNDING (50cm ► 84cm; or, height variations)

2 x 5H (pre-Jump) .. lowest height to be attempted;
to establish rhythm and confidence.
4 x 5H (Explosive) .. maximum or successive height.
2 x 5H (pre-Jump) .. variable heights.
2 x 5H (Explosive) .. variable heights.

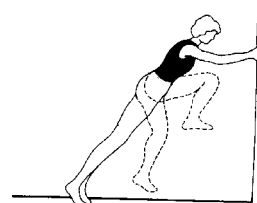


Note! 50 contacts

5. 3 / 5 STEP WALL SPRINT

2-4 x 3-Step
2-4 x 5-Step
1-2 Minute recovery between Wall Sprints

*High Knees; Toes Dorsiflexed
Decisive Knee Drive*



Maintain and Develop Your Fitness Commitments
Stretching / Push-Ups / Bent-Knee Sit-Ups (variations) / Back Extensions / Chin-Ups

Do **NOT** attempt every drill / activity in every session.
YOU may select from your expanding range of options; include speed enhancement drills at the conclusion of your general warm-up, or, complete your selected series twice each week.

The mind challenged by a new idea .. never returns to it's original dimensions

e.g.

- Session 1**
1. DRILLS
 2. SPEEDBALL
 3. HURDLE BOUNDS



- Session 2**
1. DRILLS
 2. SPEEDBALL
 3. PUNCHING BAG
 4. WALL SPRINTS

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Enhancement of **EXPLOSIVE POWER** (Weeks 7 - 9)

(Football / Basketball / Netball / Tennis / Swimming / Track & Field ...)

By this stage you will have developed the capacity to select drills and activities that focus on the areas / skills you wish to improve.

Regular consultation with your **coach** throughout the program is **fundamental** to its success.

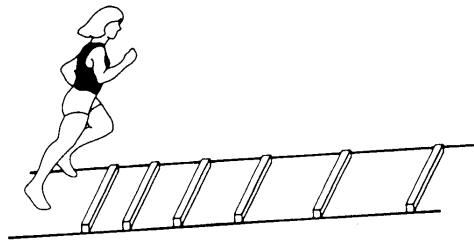
YOU should be completing a minimum of two (2) specific speed sessions per week, and also incorporating speed enhancement activities into other areas of your training; e.g. in warm-ups; preceding pool sessions.

1. **DRILLS**
2. **SPEEDBALL** - variations
3. **PUNCHING BAG** - variations
4. **HURDLE BOUNDING**
5. **3 / 5 STEP WALL SPRINT**

Program Planners

1. **Speed** enhancement sessions / activities should be completed with full recoveries, and, when you are rested. Create for yourself the circumstances in which you can stimulate the muscles to react at maximum speed.
2. Vary your program ... the mind and body respond best to variety.
3. Keep in Mind: *Nobody Ever Drowned In Sweat*. Don't procrastinate: **DO IT!**

6. **ACCELERATION LADDER**
Stride Length increases at a regular rate over the first 6-10+ strides.
 The "Acceleration Ladder" or "Stick Drill" attempts to establish an acceleration rhythm with consistent stride length increases, and, progressive reduction in "ground time".
 The **aims** are:
 1. rapid leg speed,
 2. minimal ground contact time, and
 3. regular stride length progression.
 4-6 runs; complete recoveries (2-3 mins.);
 sprint off final stick to 10 or 15m.



50/15:	.50m - 1.15m - 1.95m - 2.90m - 4.00m - 5.25m
40/10:	.40m - .90m - 1.50m - 2.20m - 3.00m - 3.90m

REGULAR COMMITMENTS

- Stretching (30-60 mins.) ... focus on hamstring stretches .. 30-60 second holds.
- 2 (sets) x 30-50 **Full Push-Ups** (*Believe and Achieve* ... you can and will improve.)
- 3 (sets) x 50 Bent Knee Sit-Ups: variations: straight / twisters / cross-overs / lower abdominals.
- Back Extensions ... after sit-ups (5-6 ... hold each for 3-5 seconds).
- Chin-Ups ... work towards 15.
- **Bar Circuit:** separate sheet: 5 - 10 kg. bar. Complete at the conclusion of training or special sessions: x 2, or x 3.
- **Pool Sessions:** separate sheets ... read the expectations carefully; complete as a separate training unit, or, (with modifications) after a speed or general training session. Each session has a specific title ...
 e.g. "Pool Session 1"; "As tough as you are prepared to make it"; "Pushing to the Limit".

Push-Up / Sit-Ups

Try the Modified versions .. audio tape directed; keep a record of your progress

Laminated

Session 1

1. DRILLS
2. SPEEDBALL
3. ACCELERATION
4. HURDLE BOUNDS
5. BAR CIRCUIT x 1
6. POOL SESSION 1

Don't Procrastinate

DO IT !!

Always think in terms of everything YOU do giving YOU and edge.

Session 2

1. SPEEDBALL
2. ACCELERATION
3. PUNCHING BAG
4. HURDLE BOUNDS
5. BAR CIRCUIT x 2

Throughout these weeks you will feel ... fitter ... faster.

It's time to finish off this stage of the program, moving towards speed and agility re-assessment (Week 12).

KNOWLEDGE ACCUMULATES QUICKLY IN AN OPEN MIND

Enhancement of **EXPLOSIVE POWER** (Weeks 10 - 12)

(Football / Basketball / Netball / Tennis / Swimming / Track & Field ...)

This represents the **final phase** of **this stage** of your speed enhancement.

By now you will have developed a program that you can implement within or additional to your specific sport sessions, to achieve the results **you** desire, and, vary to maintain interest and enthusiasm.

You have **probably** had a few re-tests to see how you are going, but what we are really interested in is achieving **an improved performance** in **Week 12**, as measured by the basic tests outlined at the start of the program, and/or, your specific sport tests.

Planning Your Own Program is Important ... **You** in **control** of, and **understanding** the reasons for your **Improvement**. There are a multitude of strategies we have not had time to address .. as you develop as an athlete you will learn to **experiment, select and apply** what is **in YOUR best interests**.

Coaching is not rocket science ... it is about stimulating athletes to apply common sense, scientifically sound, mental and physical practices.

So, now it's **YOUR** turn

With reference to the list of activities you have experimented with over the past weeks,

prepare a training plan for Weeks 10-12.

You may plan special speed sessions, or, incorporate speed enhancement into a broader program.

Keep in mind: *Speed Enhancement:* 4-6 seconds duration; maximum intensity, followed by complete recoveries.

Beyond 6 seconds of maximum performance the focus is moving towards *Speed Endurance*.

An Example

- 10 minutes Jogging; 10-15 minutes stretching; stay warm!
- Drills:** *General Technique and Mobility Drills* over 10-15 metres.
2 x Ankling (15m); 2 x A-Skip (10m); 2 x Alt. Butt Kicks (15m);
2 x Combinations (Alt. Fast Leg / Butt Kick) .. (15m)
2 x Karioka (2 x L leg lead, 2 x R) .. (15m)
Further stretches as "needed" .. your assessment.
- Medicine Ball Throws:** 3-5 kg. ball; 4-6 x Backwards Overhead;
4-6 x Forward Between Legs; 10-15 x Rocky Half Twist (reverse);
4-6 x Soccer;
- Speedball**, or, **Focus Mitts**, or, **Rapid Speed Punching** (Heavy Bag)
Your choice .. devise and apply. Build to maximum tempo.
- Acceleration Runs** ... this is preparation of the Acceleration Ladder.
2-3 x 50-70m; build to near maximum speed (95%) over final 25m.
- Acceleration Ladder** ... 50/15 (6-8 sticks) ➔ sprint to 15m.
5-6 repeats; final 4 runs timed from first step ground contact.
- Hurdle Bounding** ... 50-84cm. approx. 50-60 contacts.
2 x 5H Pre-Jump; 3 x 5H Explosive;
4 series of 2 Forward, 1 Left Side, 2 Forward, 1 Right Side, 2 Forward.
(plan and adjust ... use cones, poly pipe, sticks: hurdles not essential)
- Jog** 1km.
- Bar Circuit** x 2, or, **20/30 Minute Weight Circuit** (*Super Sets*)
(separate sheets)
- Pool Session** ... select a session, or, modify to achieve recovery.

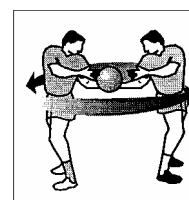
or,

Try the basic **Speed Drills Session** (separate sheet) .. **YOU** be in control.

Modify, increase, apply to suit your needs.



Butt Kicks: What are the critical cues?



Rocky Half Twist

Forward / Lateral / Backwards Bounding

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Vary direction / heights of bounds
as rhythm and confidence improves
Max. Contacts: 60

There are many hurdle bounding variations
(configuration, height, form);
take care .. knees to chest .. not chest to knees.

The harder (and smarter) you train ... the harder it is to surrender