



Sample Program ... How to learn and practice the drills

The drills (and stretches) are fundamental to the *Speed is the Key* program; improved speed & co-ordination carries over into **all** sports



(Example) WEEK: (2 Drills Sessions; 1 Pool or Cycle or Aerobics)

Session 1: Walk-back recoveries ... adequate recoveries will encourage **perfect** execution.

&

Session 3: 1. 2 x 20m A-Skip (Critical Cue: "Toe Up" - "Heel Up" - "Knee Up" - Step over the support leg knee".)
2. 2 x 10m Ankling

Drills and Stretches can be done informally; i.e. you do not have to be at "training" .. e.g. stretch when the adverts are on TV.

3. 1 x 6 Fast Claw (Left) .. coach commands
4. 1 x 6 Fast Claw (Right) .. coach commands
5. 1 x 20m Butt Kick (Left)
6. 1 x 20m Butt Kick (Right)
7. 1 x 25m Butt Kick (Alternating)

Drills for Speed (video or DVD: **Watch**; learn by looking.
An eye-ful is better than a mouthful

There are many forms of sit-ups: explore variations

8. 2 x A-Skip (3-5m) - *Running the Boards* (3-4 secs.) - Sprint 15m.
9. 3 x 3pt. Start from Standing (Bow-Touch-Go) - sprint to 20m.
10. 3 x 4pt. Start to 20m (Back foot firmly against back block/wall)

Stretches: separate sheet

11. 20-30 Bent Knee Sit-Ups / Crunchers .. followed by 3 x 5 secs. back extensions
12. 2 x 10 Side Dips .. broomstick to assist posture (count one side only)
13. 1 x 100 Rapid Form Skipping: *light, fast.*
14. **Complex Drills** ... over a 20-30m distance perform 4-6 drills; best if changed on coach command; e.g. A-Skip / Double A's / Running the Boards / Alternating Butt Kicks ... w/b recovery .. complete 3-4 Complex sequences.

Session 2: Pool Session ... the session **may be modified** to suit any pool.

Use fins .. kicking and stroke; good exercise for legs

You are not trying to be swimmers .. instead use the water for recovery and the experience something different.

You will need to have all materials organised **before** you commence the session, and runners will probably find the session very demanding at first ... why?

... because it is probably something different. (You may need advice on the execution of such sessions)

You will (may) need a buoyancy belt, such as a *Back Float*, or similar. Only enough buoyancy to keep you afloat easily when running in the water. (Do **NOT** buy expensive back floats .. a belt, with a couple of polystyrene learn-to-swim back floats attached is adequate.)

Swimmers: you may enjoy using the water differently (i.e. following the Pool Session Ideas),

or,

complete an "easy" swimming (ICS) series .. stroke variations; drills, etc.

ICS ???

e.g. 25 / 50 / 100 / 150 / 100 / 50 / 25 .. stroke counts; stroke and breathing variations

but bilateral focus; 15-30 seconds recovery (break) between swims (called "Broken Swims")

Pool sessions are a chance to recover .. to exercise in an environment that is different and where there is little or no chance of injury.

Two (2) **Pool Session Ideas** are presented (best if laminated) .. also, DFK Stretches sheet.

Almost any drill you can do out of water, can be done in the water; and, in water activities are almost injury-proof.

Recovery Sessions are your **most important** training sessions ... you grow stronger while you are recovering / resting .. **not** while you are exercising strenuously.

So, RUN (Exercise) / Recover / Exercise / Recover, .. perhaps alternate days

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A great deal can be achieved by practicing drills regularly .. 15-20 minutes ..

Do drills in EVERY warm-up, for EVERY sport ... gradually, but certainly, YOU will improve.

A series of program ideas are available to those who are interested in making a regular effort.

There are 168 hours in a week; are you willing to organise your efforts for 2-3 hours? a great deal can be achieved from regular endeavour.

Walk the Walk,
don't just talk the talk.

**Not trying when the opportunity presents itself,
may mean wondering (or making excuses) all your life**



North West Athletics

Pool Session (1)

Session
time
60 minutes
+ w/u + w/d

Warm-Up

Swim / Kick / Drill .. as directed

1. 6 x 15m .. Run in-the-water .. Vest

Tall, Tall, Tall .. Knee Up—Toe Up

Repeat x 6

Walk back after final 15m; include 10 PU + 10 SU + 4 Cross Body Lifts

2. 6-8 Minutes Stretching ...

- Frog
- One Leg Over-Under
- Modified Hurdle Sit

*Hold stretched
position for
30 seconds*

3. Drills: in-the-water .. 10-15m .. 15 seconds recovery

- A-Skip .. Heel Up, Toe Up, Knee Up
- A-Skip ► Double A's
- Alternating Butt Kicks
- Fast Claw .. partner calls: 2 x 5L then 5R
- Combinations .. (Alt. Fast Leg / Butt Kick)

*Repeat each drill
before
moving to the next*

4 a Underwater Swims .. with fins

2 x Max. distance *Dive start .. walk back + 60 seconds*

**4 b 10 x 50m F/S Swim with fins on 1:00 / 1:15 or
15-30 seconds recovery after each swim**

5. Kick .. with board (with fins)

6 x 25m .. Max. tempo .. easy kick back, then repeat
Arms straight; thumbs on top; head up; continuous kick tempo
Loose ankles; kick from hip

6. Runs against the wall .. x 6

20 seconds **“ON”** .. 20 seconds **“OFF”**

Warm Down

Swim / Kick / Drill .. as directed



Pool Session (2)

Session
time
60 minutes
+ w/u + w/d

Warm-Up

Jog 500m + Swim / Kick / Drill .. as directed

1. **Runs against the Wall** x 7 **“ON” / “OFF”** in seconds
10/10 20/20 30/30 60/30 30/30 20/20 10/10

2. **Underwater swims** .. with fins
3-4 x Max. Distance

Dive start .. walk back (heart rate recovery—wait until approx. 100 bpm)

3. **6-8 Minutes Stretching** ...

- Frog
- One Leg Over – Under
- Modified Hurdle Sit

*Hold stretched
position for
30 seconds*

4. **Broken Swims** .. 12 x 25m .. 80-90% effort;
10 seconds break

Fins may be used

5. **8 x 15m** .. **Run-in-the-water** .. Vest
Tall, Tall, Tall .. Toe Up

Walk back .. 10-15 PU .. 10-20 SU (variations)

2-4 x Back Extensions or Cross Body Lifts after each SU set (hold for 3 secs.)
PU, SU, & Cross Body Lifts after/during walk back

6. **Drills:** in-the-water .. 10-15m .. 15 seconds recovery

- A-Skip
- A-Skip ► Double A's
- Alternating Butt Kicks
- Fast Claw .. partner calls: e.g. 2 x 5L then 5R
- Combinations

*Repeat each drill
before
moving to the next*

7. **Kick** .. with board (with fins)

8 x 25m .. Max. tempo .. easy kick back, then repeat
Arms straight; thumbs on top; head up; continuous kick tempo
Loose ankles; kick from hip

Warm Down: Swim / Kick / Drill .. as directed

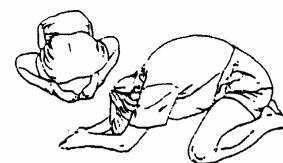
(Some) **Debbie Flintoff-King Stretches**

Don't over-stretch; hold each stretch for at least thirty (30) seconds



Debbie Flintoff-King (AUS)
Olympic Champion, 1988
W400H: 53.17

- 1. Frog Stretch:** (for the groin) Kneel; knees wide apart; toes in and touching at the back; From sitting on heels, lean forward; arms outstretched.
- 2. Thigh Stretch:** Kneel; back to the wall; place your knee against the wall; position your foot outside your buttocks so you can press back with your bottom into the wall. The opposing leg balances; repeat on both sides.
- 3. Kneeling Twist:** (for the groin and lower back) Kneel on your right knee; bring your left knee out in front of you; extend your right shoulder over your left knee, pushing your palm to the ground.
- 4. Sitting Forward Bend / Modified Hurdle Sit** (Hamstrings) Sit with legs outstretched; bend your right knee, the sole of the foot pulled into the groin. Using both hands, grip your left knee, ankle or foot (wherever you feel the stretch is enough). Repeat on both sides.
- 5. Lying Forward Stretch (Bent Knee)** Sit, bending your right knee at 45°, extending your left leg straight back behind you. Lean forward stretching your arms in front of you. Keep your right buttock on the floor. Both sides.
- 6. Dog Stretch:** Standing, feet shoulder width apart, with toes slightly turned in. Walk your hands away from your body, fingers pointed straight ahead. Head hangs loose; push your heels to the ground (hold); at the same time keep your buttocks high.
- 7. Tricinasna:** (for the back) Best done against a wall. with feet apart (1m+), run your left foot along the skirting board (2cm out from the wall). Right heel back, toes pointed slightly inwards. Keep your legs straight; extend your left arm down; try to keep your shoulders back. Right arm raised above your head. Look up.
- 8. Simple Twist:** Sit down cross-legged. Take your right leg over your left knee. Take your left shoulder inside your right knee, and hold on to your right foot. Turn, and look over your right shoulder.



These are not the only stretches ... but, an excellent series
.. select, apply and practice your own event-specific stretches.



Look and Learn

An eyeful is better than a mouthful

A great deal can be achieved in 10-15 minutes / 2-3 times a week.

In a **very** short time (with regular practice) you will develop sound skills with basic movement drills:
(and, **improved co-ordination, movement and speed skills carry over into all sports**).

A-Skip
Butt Kicks .. Right; Left; Alternating
Fast Claw
Fast Leg .. Right; Left; Alternating
Double A's
Combinations (Fast Leg – Butt Kick .. Alternating)

Watch the video; don't be impatient .. **Never Give Up**.

(**Critical Cue for A-Skip:** "Toe Up" - "Heel Up" - "Knee Up" -
Step over the support leg knee".)

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Drills ►
enhanced movement
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