

Speed Development for Middle and Long Distance Training/Racing

The Need For Speed

- Improved Facility

- Relaxation

- Develop the Strategic Arsenal

- Increased Potential and Enjoyment

- Reduction of Injuries

Broadening the Athletic Range

- Integrate Speed Development Into Functional & Dynamic Workouts

 - Plyometrics

 - Hills

 - Drills

 - Running Resistance

 - Warm-up

Speed Development Running

- Accelerations

 - (30s', 40's, 60's, 80's) slow to fast, always powerful but relaxed

 - 5, 7, 9's (jog in or skip in)

- Running mechanics

 - Know what good, fast running looks and feels like.

- How fast?

 - Rates that elicit challenge but not struggle

- How Far?

 - Distances vary individually

- How much?

 - Leave the session or parts of the work-out knowing you can do more.

 - Stop while you're ahead.

 - Speed builds, speed kills.

Speed Change

- The essentials of racing

 - Start-Relax

 - Recognize pace change and how to answer

Last 1/3 of the race

Finish work

fatigue vs mechanics vs frequency & length

Train to avoid the conflict.

Work-out discussion in clinic.

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