

**THE COMPLETE**

# **Speed Training Report**

**Secrets to Dominant Speed in Every Athlete**



**Athletes' Acceleration**

# Speed Training Report



## Disclaimer

The information, techniques, tips and suggestions contained within this book is not a substitute for medical advice but rather represents the author's opinions and is solely for educational and informational purposes. The author is not responsible whatsoever for any injury or health condition that may occur from following the programs and opinions expressed herein. Always consult with your physician or health care professional before starting any exercise program.

## The Complete Speed Training Report

### 7 Secrets to Dominant Speed

The information I'm going to share with you **MUST** be implemented as part of your overall speed development program if you expect to see real results.



I'm not going to beat around the bush; I'm going to tell you exactly what you need to do in order to make dramatic improvements to your athletes' speed.

I want you to absorb all the information and then think about whether you are effectively applying these principles to your athletes.

If not, I want to give you a chance to apply them at your next practice. Then you'll be able to experience just how much of an impact a program like Complete Speed Training can have on you and your athletes.

The truth is that real speed development involves more than just running a speed workout on the track every few days. I wish it were as simple as just giving you a few speed workouts and then sitting back while all your athletes get faster, but that just isn't the case.

Making your athletes faster is actually easy to do, but only if you specifically address certain skills in a certain way.

# Speed Training Report



## \*\*\*IMPORTANT NOTE\*\*\*

Throughout the course of this clinic, I'll be talking about how important it is that you be able to teach your athletes how to do certain things in a certain order and how to correct certain things in specific ways.

Coaches often say to me, "I'm not sure if I know how to teach/correct that drill, technique, skill or exercise."

And it's a great point to raise.

Here is my response. And I want you to think about this every time you find yourself in a similar situation:

If you would be 100% confident in teaching or fixing your athletes technique in any area, while I stood next to you and graded you out loud in front of your athletes, then (and ONLY then) should you feel comfortable in teaching that skill to your athletes.

Make sense?

Of course, if you have any questions as we go through these topics, please send an email to: [info@athletesacceleration.com](mailto:info@athletesacceleration.com).

OK, OK, enough of all that. Let's get to our first topic!



I know you really want me to hand over all my best speed drills, workouts, coaching cues and secrets right off the bat.

But that would be putting the cart before the horse.

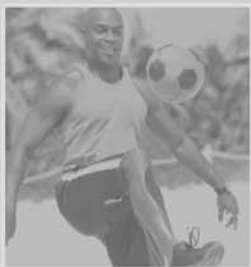
That's the main problem with most programs...

If you really want to make your athletes faster, the first step you must take concerns the very first thing that your athletes do each day at practice - The Warm Up!

I know it doesn't sound too glorious, but if you don't show your athletes an effective dynamic warm-up, you're asking for some serious problems!

What do I mean?

I still know A LOT of programs that are using static stretching as the primary form of warming up. You know what I'm talking about. Athletes will jog a lap or two around the field or around the track, get together in a circle and do those stretches where you hold one position for an 8 or 10 count.



# Speed Training Report



I know YOU wouldn't use that as your primary method of warming up, but sadly some of your colleagues and competitors still do it.

So let me ask you a couple of questions...

How many sports can you think of that involve, at any point, holding a stretch for 10 seconds in order to be successful?

That's right, none. So is that an effective way to get ready to compete or practice?

In fact, studies show that static stretching can reduce power output by up to 20%. Don't you think that might have a negative effect on the speed and performance of your athletes?

Many coaches claim to use a dynamic warm-up, but in fact it's just a series of poorly taught, poorly executed drills that aren't set up with any rhyme or reason. Although better than only using the static stretch warm-up, this is still a terrible way to prepare your athletes to run as hard and fast as they can.

Here are some of the many benefits to the athletes I train that I attribute to our implementation of a dynamic warm-up:

- Muscle strains and pulls have been almost completely eliminated because entire muscle groups have been activated through various progressive movements.
- More points and better marks are being scored earlier in competitions because athletes aren't spending the early part of the game or meet trying to get loose.
- Athletes are running faster times, making sharper cuts and exploding off the line with ease, again, because they're fully warmed up before they have to start moving at full speed.
- » Late-season and post-season productivity has increased significantly. Athletes aren't getting burnt out at the end of the season because, among other things, they're avoiding the muscular and cellular trauma that comes with forcing cold muscles to move at speeds they aren't ready for.

Here's a quick analogy to prove my point...

When you start your vehicle on a cold morning, what do you do?

You let it warm up for a few minutes before trying to drive it. Otherwise, acceleration is terrible and you risk seriously damaging your engine because oil and other fluids haven't had the chance to heat up parts that make your car run efficiently.

# Speed Training Report



Well, think of your athletes like a car.

If you try to get them to run at full speed before they are properly warmed up, their acceleration will be terrible and you risk a serious muscle pull or tear because blood hasn't had a chance to heat up the muscles that allow the athlete to run quickly and efficiently.

Does that make sense?

The most glaring evidence I have in support of a good warm-up is the behavior of the athletes that I coach.

They'll come to me from their sports having primarily used static stretching to warm up. If they did do some type of movement based, dynamic warm up, it was sloppy and followed no particular pattern.

After working with me, not only do they run much faster and feel better, but they couldn't imagine warming up any other way! When I go watch their competitions, I see them out there with their teammates using my warm-up!

Listen, the warm up doesn't have to be complicated. It just has to follow a few basic premises.

But before I list them I will say this...

In my experience, if you've been using static stretching at the beginning of practice, you shouldn't just stop cold turkey. Most athletes have been doing this at the start of every practice, for every sport, for their entire lives.

It's hardwired into their heads that they need to do it to get warmed up properly, even though it isn't true. So I don't cut it out completely. Instead, I'll give them 5 minutes to stretch out on their own, before we start our full warm up. This way they feel like they got a 'pre-stretch' and it gives them a chance to see what their tight spots are.

OK, let's get to the basic principles behind the warm up. But I will warn you - once you read this you have no excuse for using static stretching or a sloppy, unorganized dynamic warm up with your athletes.





## **1. Progress from slow, simple movements to faster, more complex movements.**

Think back to my 'cold car' analogy. Your athletes have to start with movements that aren't going to put muscles in a position to pull or tear because they aren't fully warmed up.



## **2. A good warm-up will have your athletes slightly out of breath and lightly sweating.**

Anything less than this and they aren't ready to go at full speed. This means that on a speed day, the warm-up should take a good 20 minutes.

Remember, our goal is to make athletes faster. You can't cheat the warm up and expect athletes to achieve their goals.

How you'll decide those numbers depends, again, on your training goals for that day.



## **3. Make sure your athletes do the drills with perfect form every time!**

You'd think this was a no-brainer, but in my experience that couldn't be further from the truth. The majority of the time, even in programs that claim to use a dynamic warm-up, athletes' technique is so sloppy that it is almost counter-productive.

I'm serious!

In addition to being a great warm-up, these drills also work on running mechanics, coordination and flexibility. If athletes just go through the motions by doing the drills half-assed, then they're only setting themselves up to get injured.

Show your athletes how to do each drill correctly and get on them when they're not putting in the effort. I've kicked kids out of practice on more than one occasion because they didn't focus on their drills. If that takes too much effort to do correctly, then how can I expect them to execute properly in the workout or the competition?



There is no excuse for telling athletes to do a certain type of drill if they don't know how to do it right and you can't tell them how to fix any mechanical problems.

I can't emphasize the importance of this fact strongly enough!



#### **4. Don't do the same warm-up every single day.**

Athletes will quickly get bored doing the same old warm-up. That means the drills will be sloppy, they won't get warmed up correctly and they set themselves up for injury. Variety is one of the keys to getting the most out of your team.

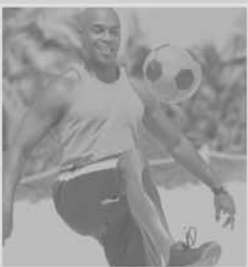
If the warm-up gets monotonous, kids will go through the motions. So you should switch up your warm up routines a few times every season so athletes don't get bored and lazy before practice even starts.

If they're lethargic from a warm-up they've been doing every day for the past two months, what do you really expect to get out of them in their speed workout?

My experience tells me not a whole lot.

I hope this gives you some ideas on how, where and when to modify your warm-up. You can't get more out of your athletes without making this the first issue you address.

For proven speed training methods guaranteed to get the most out of every athlete on your team go to: [www.CompleteSpeedTraining.com/fastpitch](http://www.CompleteSpeedTraining.com/fastpitch)



## The Importance of strength Training

For some reason, the majority of programs simply do not consider this important enough to make it a regular part of their preseason and in season training.

The only sport that I see using weight training with any regularity is American football and most of the time they're not doing it right.

It's true.

For some reason, in the United States, we have adopted a 'bodybuilder' mentality when it comes to strength training for sport.

Let me give you another example:

I used to coach at a high school. Whenever I'd be in the weight room with my athletes, I would obviously watch all the athletes lift.

OK, the only other athletes in the weight room besides mine were the football team. Literally no other team in the school used the weight room.

Shameful, but not surprising.

Anyway, it became a running joke with my athletes because whenever we'd be in the weight room, the football players would be doing some crazy stuff!

What do I mean?

I can count the number of times on one hand that I saw a workout that consisted primarily of leg exercises and contained rep schemes that were less than 8-10 reps.

On top of that, coaches didn't instruct anyone on how to do the lifts correctly (the athletes started coming to me for that - and their coaches would just give me dirty looks).

Plus, many of the lifts they did were, well, useless for sports.

So, what are the rules of the weight room as it relates to athletes?



### Rule #1: Learn right....Start light

I know that it is very difficult, especially for boys, to go into the weight room and put anything less than 45 pound plates on the bar.

That's why I have a motto that I have to repeat over and over and over again: No Egos in the Weight room.

# Speed Training Report



Most athletes' technique is so bad in the weight room that they are rarely more than a lapse in focus away from a career ending injury.

I can't stress how important it is, especially with athletes brand new to weight training that they start with very light weights and master the technique of the lift first.

At the beginning, complete forget about 'heavy' or 'light' and just go for good form. With your 'veteran' lifters, back them up and re-teach them how to lift with perfect form.

As you'll see in a minute, effective weight training for sports is dependent on an athlete's ability to get the most out of the precious few reps they will be doing. So if their form is crap, then that's just what their workouts will be.

In this instance, I apply the 'graduation' game with their weights. I allow them to slowly increase the number of pounds on the bar once they prove to me that they can do it with good form.

I suggest you do the same. Of course, I'm assuming that you have learned how to teach, correct and identify perfect form with the fundamental lifts.

And no, your experience as a high school or college athlete 15+ years ago does not qualify you.

If you'd be 100% comfortable correcting and instructing your athletes in front of me, then you qualify.



## **Rule #2: Athletes not bodybuilders**

With very few exceptions, it isn't going to help an athlete's speed if they are in the weight room doing lifts that are going to add useless bulk to their bodies.

Athletes should only be doing multi-joint movements that address multiple muscle groups at once and can have a positive impact on athletic performance.

For example, there are certain core lifts that we use in all of our strength training programs.

None of them involve machines.

There are supplemental exercises that can be added to these core lifts, step ups for example, but they must follow the multi-joint movement philosophy.



Now, here are some popular weight room exercises that are great for getting athletes to look good at the beach, but have no athletic value:

- » Bicep curls
- » Hamstring curls
- » Leg extensions
- » Chest flyes
- » Tricep extensions
- » Most machine exercises

On top of that, Smith Machine squats and leg press are what I consider leg exercises for athletes too lazy to do squats and deadlifts and coaches too lazy to teach them.

Not that that applies to you...



### **Rule #3: Stronger = Faster**

Seems obvious right?

As you already know, greater speeds are determined, in large part, by an athlete's ability to apply greater amounts of force to the ground with each stride.

It stands to reason that if an athlete wants to move faster, they must increase their physical strength.

At the same time, it is also dependent on increasing physical strength without significant increases in bodyweight.

Otherwise those gains in strength are neutralized by the fact that the athlete now has to carry that extra mass around with her.

The bottom line is this:

If you want your athletes to get faster they must lift in a way that maximizes strength gains without gaining a lot of extra mass.

You should have seen the other coaches when we maxed out in the weight room and I had a 17 year old girl squat a legitimate 225 pounds.

By legit I mean she stayed back on her heels, kept her back flat And squatted BEYOND PARALLEL.



# Speed Training Report



Anything else isn't a squat.

OK the truth is I was pretty surprised too. But that is a true story.

By lifting this way, athletes will recruit and activate more motor units within the muscle with each rep. This develops greater degrees of applicable strength and power, making it much easier for athletes to move and control their bodies while competing.

Weight training isn't as complicated as it is made out to be. Simply follow the same teaching protocols, as far as technique and progressions, which you do for every other speed training skill.

If you want to see exactly how we set up a strength training program, The core lifts that we use and the specific rules we follow for creating Huge gains in single rep max lifts in no time, you need to get your own copy of Complete Speed Training now...

[www.CompleteSpeedTraining.com/fastpitch](http://www.CompleteSpeedTraining.com/fastpitch)





## How to develop the explosive power of your athletes by using plyometrics.

Now, plyos are one of those touchy subjects that some people don't have a very good understanding of.

So, the first thing we have to do is get a working definition of what plyos actually are. Otherwise, we can't be sure we're doing them correctly, if at all.

Plyometrics are defined as movements that cause a rapid change from eccentric contraction (lengthening a muscle) to concentric contraction (shortening a muscle).

In fact, the very act of running fast is a plyometric activity, as it trains for the storage and release of elastic energy. And elastic energy is required for faster running.

You can develop the ability to store and release this elastic energy by having your athletes engage in a variety of activities such as hopping and bounding drills, box jumps, hurdle hops, medicine ball throws, etc.

But there's a catch.

These movements require a healthy degree of strength, coordination and balance.

My point?

You can't just decide that tomorrow you want to do hurdle hops or single leg bounds with your athletes.

Plyometrics are a SKILL that take a great deal of practice if your expectation is that athletes are going to do them correctly and actually get something out of it.

Ok, it's story time...

Last year I was at an area high school gymnasium helping a friend of mine while he conducted practice for the team that he coached.

On the far end of this gymnasium a football team was lined up in front of a row of 8 plyo boxes that were of various heights between 24" - 48".

So I decided to watch, hoping that I was going to see an impressive display of athleticism brought about by some coaches who had taken the time and effort to learn how and why certain activities are performed before having their athletes perform them.

Well it turns out that my wish went unfulfilled.



# Speed Training Report



These athletes started doing their box jumps (jumping up onto the box), then went right into depth jumps (dropping down off of the box) trying to negotiate 8 boxes of different heights.

So, like clockwork, the line of kids began to lose focus. Their form, which was already terrible, began to fall apart.

Then it happened.

One young athlete, during a depth jump, landed awkwardly and began to fall forward. But instead of stopping or bailing out of the drill, he tried to jump up onto the next box.

For a number of reasons, that didn't work. He clipped the front of his foot on the box, fell over the box and landed on the floor in a heap, clutching his leg.

The result?

The kid broke his ankle in three places.

Needless to say it wasn't pretty.

So let's get into how to effectively introduce plyometric training in a way that will result in positive growth in the area of strength, power, coordination, body awareness and, of course, speed...





## The underlying principle behind teaching plyos is simple. The concept is something that you've heard me preach over and over again:

Start with simple movements and progress to more complex movements ONLY when athletes have mastered the basic ones.

With my teams and groups, I let athletes 'graduate' to the next drill in our progression once they meet the criteria required for advancement.

In fact, athletes get pretty intense when it comes to 'graduation'. They all want to be the first to move on, but more importantly they don't want to be the last.

So using 'graduation' as a reward is a great way to get athletes to focus on the task at hand.

Remember, only do plyos on your speed days. They tax the same energy system as speed work and the weight room. So don't have your athletes do explosive plyos on your recovery days.

Here are the principles to follow when doing your plyos:

### **STEP 1: Start with basic stabilization exercises that begin and end using both feet.**

Athletes must learn to control movements off of both feet before advancing to the more demanding drills.

Additionally, be sure to keep the number of ground contacts (total number of times the feet hit the ground) low until athletes learn to handle the increased load.

You can see the specific plyo progressions that we've found to generate the best results in your copy of Complete Speed Training.

---

### **Step 2: Emphasize soft landings.**

When doing plyos, athletes must learn to land softly. Cue them to absorb each landing with the muscles in the legs, not with joints, bones, ligaments and tendons.

Each foot strike or impact should make a minimal amount of noise. Athletes can't graduate to the more 'fun' drills until they can learn to land softly.

If you cave in and let them graduate early, before they have acquired the necessary skills, then their ability to learn the new drills and avoid injury will be greatly reduced.



Here are some tell-tale signs that athletes are not performing the drills correctly:

- » Loud slapping sound with the feet upon landing
- » Landing on the balls of the feet, with the weight forward and heels off the ground
- » Taking off with one foot instead of both feet
- » Landing on one foot instead of both feet
- » Inability to maintain/loss of balance upon landing

Once basic drills are mastered, and these common mistakes have been eliminated, athletes can start the bounding drills that people traditionally equate with plyometric training.



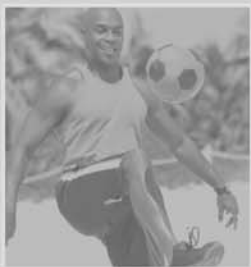
### Step 3: Use medicine balls.

When athletes have a tough time with 'regular' plyos, I'll often back off and use medicine ball throws.

This will teach them many of the same explosive elements, but can be easier to master the movements. It also takes some of the pressure off of trying to succeed in the more difficult drills.

Of course, I use medicine ball throws for the more skilled athletes as well. As always, make sure that athletes are doing the drills with perfect form.

The main flaw that I see with these drills is that athletes will throw the ball with their arms. The arms are a guide for the weight and shouldn't be the primary mover.





## Plyometric workouts require a coach's close attention.

Hopefully I've given you some useful ideas on introducing these valuable exercises into your program. The temptation to skip the basic elements will be great, but I implore you to force your athletes to be patient.

Get started today...

[Complete Speed Training](#)

## Agility Training

'Agility' is one of those words that cover a variety of skills. When people talk about agility, most often they are talking about an athlete's ability to make cuts and quickly change directions.

The way I see it, the primary component to improved agility is through the development of COORDINATION.

Before you start putting athletes through complicated drills that have them going in ten different directions over the course of a 30 second time period, you must take a step back and address their level of coordination.

In my experience, even the best athletes have coordination problems that are so bad that it even makes me blush just to think about it.

The thing about coordination and agility is this:

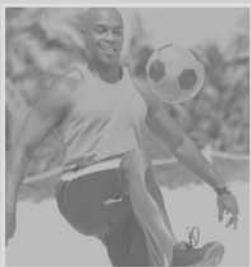
The earlier you address it, the better the long term results. If athletes don't begin developing their coordination until their mid-teens, they will be limited in the amount of progress they can make.

That's why I like to get kids started as early as possible, preferably before they hit puberty.

I'm not saying a 17 year old can't improve her agility and coordination to a significant degree, but the if she started when she was 8, she'd be much better off.

Just something to think about for those of you working at the youth levels.

OK, here is what to do...





## STEP 1: Improve your athletes' coordination

My favorite way to both expose an athlete's lack of coordination and also develop it is through the use of an agility ladder.

You can do an infinite number of drills that focus on single leg movement, double leg, linear, lateral, backward movement, change of direction -

The list goes on and on.

All of these movements will help address the types of movement they may see in their competition.

As we get those down, we implement the traditional cone drills that allow for more instruction on movement patterns that are more applicable to game situations.

But like everything else, technique is the most important skill to both teach and learn.

As I've said before, I even use agility work with my track (straight ahead) athletes during the preseason as well.

Why?

When athletes are uncoordinated, in order to maintain balance and keep the athlete from falling down or getting hurt, the brain has to work harder.

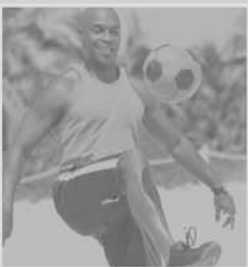
In order to compensate for all the extra math that the brain must do instantaneously and on the fly in order to coordinate the movements of all the active muscles in the body, the body must slow way down.

This is why athletes often look like they are stuck in the mud during agility drills.

Well, sprinting is a highly technical activity as well. So if athletes don't improve coordination and agility, their brains will have to slow the limbs down during sprinting to compensate.

So, like with flexibility, athletes aren't being held back because of some innate lack of ability, but simply because they are only operating at 50% of their true ability.

By applying these (and all the other skills we've gone over so far) they can operate at a much higher percentage of their true ability.





## STEP 2: Correct body position

One of the reasons that athletes have a tough time changing directions on the fly is simply because they are out of position.

So here are two things to teach your athletes when doing agility training, especially when doing cone-type drills:

1. Keep your balance.
2. Push away from the ground when planting.

Applying force in the opposite direction that you want to go is the best way to change directions quickly.

In your Complete Speed Training program, I show you exactly how to Teach these skills and what errors athletes typically make.

As with most things, it is much better shown on video than in written format.



## STEP 3: Work both sides of the body equally

Athletes always prefer to start or focus on one leg over the other.

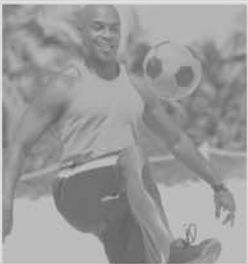
So, I always make sure I do an equal number of efforts starting with left leg or moving to the left as I do to the right.

We have to turn weaknesses into strengths and this is a glaring example of that fact.

At your next practice, set up some cones or a few agility ladders and try these techniques out. I think you'll be surprised at how much difficulty even the most accomplished athletes have at performing these exercises correctly.

So get going on your agility work and apply the principles I gave you.

[Complete Speed Training](#)



# Speed Training Report



Now we're going to address one of the most widely ignored elements related to speed development: Flexibility.

Many young athletes are held back by their limited range of motion and general lack of flexibility.

Most programs don't specifically work on improving basic flexibility.

I know that none of my coaches ever taught me anything about how to train for speed or how to address my weaknesses.

It's a good thing your athletes won't have that problem.

My point?

Please don't let your athletes struggle through nagging injuries and decreased performance because you never made flexibility an issue in practice.

Believe me I know how it goes. In high school and even in college, once practice ended you wouldn't find me doing a good warm down and stretch.

Maybe, just maybe, I'd sit with some teammates, legs outstretched, shooting the breeze. I see the same things with my athletes after practice. They resist flexibility work after a training session because they're tired and they think it's boring.

Maybe it is.

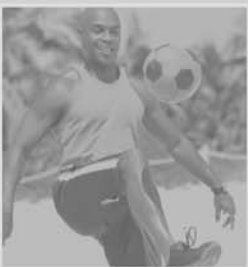
But, after practice when the muscles are warm and loose is the best time to improve flexibility and range of motion. If athletes are going to static stretch, now is the time to do it because it's not going to have a negative impact on their performance.

Quite the opposite actually.

You know when an athlete is inflexible because something just looks wrong when they run. I think you know what I mean.

Athletes who lack flexibility and range of motion sort of look like they're skating across the track when they run. They don't have the flexibility to get their bodies to react appropriately.

# Speed Training Report



What are the results?

- » Reduced range of motion
- » Decreases in stride length
- » Muscle imbalances
- » Reduced power output and force application
- » Increases in muscle strains and pulls
- » Slower recovery times between workouts

You're already on the right path now that you've begun using a dynamic warmup. By regularly and consistently making flexibility part of your routine, you'll be surprised at how quickly athletes recover from workouts, there will be less injuries and, of course, athletes will run faster.

Just think of it like this...

If lack of flexibility is costing an athlete just two inches per stride, just what are they losing as far as speed is concerned?

Let's say that athlete takes 20 steps to run 40 yards. Well, if each stride is two inches shorter than it should be, he is potentially losing 40 inches over those 40 yards.

What does that mean?

Stay with me here.

If that athlete were to race the 'flexible' version of himself, then he'd lose by well over a yard.

Not because he has less talent or ability, doesn't work as hard or had a bad start. He's slower simply because he lacks flexibility. As far as I'm concerned, that's not an acceptable reason.

That athlete could get faster not by doing extra work, but simply by spending an extra 10 minutes a day working on flexibility.

How hard is that?

If you take a minute to think about ALL the things we've discussed over the past week, you should be gaining a good understanding of how putting all these elements together can have a powerful effect on the performance of your team and athletes.

# Speed Training Report



So let's take a look at some of the most effective methods of improving flexibility and range of motion:

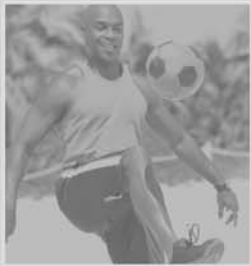
1. Static Stretching - This is still an effective method of improving flexibility, it just has to be done at specific times..
2. Hurdle mobility - One of my personal favorites. Tight hips are very common in speed and power athletes and this is a great way to address it.
3. Active Isolated Stretching (AIS) - This requires a rope and is similar, in some ways, to the active stretches that we use during the warm-up. As an athlete, I often used this type of stretching before doing my dynamic warm-up and almost always as part of my warm-down.
4. Self Myofascial Release - This is what we call 'poor man's massage'. We use tennis balls or a foam roller to roll over areas that have tight and sore spots. By breaking up scar tissue and knotted muscle, it helps maintain range of motion, reduce injury, flush metabolic waste out of the muscles and generally keep athletes fresh.

It's not a direct form of 'stretching', but nonetheless is something that athletes really take to once introduced to it as long as they learn how to do it right. Otherwise, athletes can do some serious damage to their muscle tissue.

Look, flexibility doesn't have to be something you dedicate an entire practice to. But you do have to get your athletes to take it seriously.

You can make major improvements in only a few extra minutes per day.

At your next practice, try some of these new flexibility ideas and see how they work out. At the very least, take a good look at your athletes and you'll see that a good number of them are being held back by poor flexibility.





## Conditioning

Today we're going to go over the RIGHT way to use conditioning to improve the speed and performances of your athletes. Many coaches are going about conditioning their athletes the wrong way.

If you fall into this category, it's not your fault. Once I clear up a few of the most common misconceptions, you'll begin to see the negative impact your current conditioning program is having on your team.

When it comes to conditioning your athletes, workouts are going to fall into the 65-89% intensity range.

First we have to look at why we actually do 'conditioning' workouts in the first place. Somewhere along the way we got the idea that by doing these workouts we are going to improve the speed of our athletes.

The bottom line is this: ***YOU CAN'T GET FAST BY RUNNING SLOW!***

We have certain goals with our conditioning work, but they aren't necessarily what you think...

### 1. Improve aerobic capacity.

In a nutshell this means 'get athletes in shape'. But the purpose of an aerobic capacity workout is to improve the athletes' ability to handle a higher volume of speed and power work by increasing capillary density, improving soft tissue strength, flushing metabolic waste out of the muscles and increasing blood flow to the muscles.

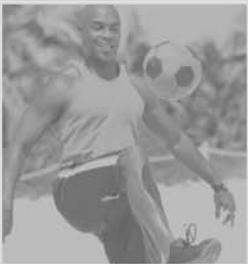
Put simply, it is a supplement to your speed, strength and power work, not the foundation of your training program! At least not the way you may be accustomed to thinking about it.

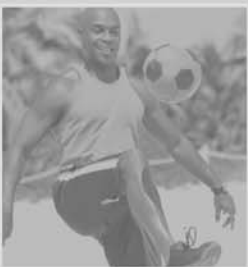
### 2. Help aid in recovery from high intensity speed and strength work.

After a speed workout, athletes must recover fully before they engage in more speed training. Often times athletes are going to be sore and tight following a speed day. They need to do something to alleviate that soreness so that they can continue their training without getting injured or burnt out.

Here your low volume conditioning work is going to loosen them up, get their heart rate up, flush the junk out of their legs and get them ready to get back to business.

When it comes to conditioning, you have to look at the demands of the sport that you coach. If you coach a sport that is speed and power based, how applicable to your sport is slow running for long distances or for a high number of repeats?





Train slow to run slow.

OK so what do you do then?

If it's not a speed day then you're going to be doing some type of low volume conditioning/recovery workout using low to moderate intensity training.

Now let's take a look at the types of conditioning work that you should be using with your athletes.



## 1. Tempo Runs

Tempo runs are runs that are between 65-79% intensity. This is fast enough where athletes have to put some effort into running, but not so fast that they're going to begin to fatigue and accumulate a lactic acid burn in their legs.



## 2. Bodyweight Circuits

Circuit training is, without question, my favorite method of doing conditioning work.

*Why?*

It accomplishes the same things as tempo runs do, but also improves physical strength (great for athletes too young for the weight room), improves flexibility, coordination, core strength and can be done in only a few minutes.

I know you have a lot to do at each and every practice so being able to quickly and easily accomplish your conditioning goals in a short time period has huge benefits to you and your team.

When using circuits, we follow many of the same rules I discussed when going over the warm up:

### 1. Frequently change the exercises you use and the Exercise order.

I rarely do the same circuit in consecutive workouts. There are so many great circuit exercises you can use that there's no need to let your circuits get stale.

In fact, the Complete Speed Training Program contains over 75 different drills and exercises that are great for this type of training. That ensures that your workouts never get stale and you'll always be able to think of something innovative to do at your next practice.

Just as importantly, they're progressed from 'easy' to 'hard' and will allow you to...



## **2. Insist that your athletes use perfect form.**

Look, circuits can get tough. If An athlete will cheat during this workout and let their form fall apart Simply because they choose not to be mentally strong, how can you Expect them to be mentally tough in a critical moment during a game or race?

You compete like you practice, end of story.

## **3. Make it a full body workout.**

Make sure that your circuits hit all areas of the body. Most of the time you don't want To overload one muscle group because then form will fall apart and the workout will be less effective. So don't put 4 leg exercises in a row then give 5 different push up variations.

## **4. Vary the reps and distances.**

Some exercises are harder than others. 25 prisoner squats for a senior is going to feel like 50 to a freshman. Keep that in mind. Between exercises I have athletes jog for a specific distance then start the next exercise.



I hope that all makes sense and gives you some ideas on how to adjust your conditioning work for better results.

Before your next session, come up with 3 or 4 different body weight circuit workouts that you can begin to rotate into your workouts. Make sure you consider the order of the exercises and how difficult that order will make the workout. Remember, the circuit shouldn't be extremely difficult.

[www.CompleteSpeedTraining.com/fastpitch](http://www.CompleteSpeedTraining.com/fastpitch)



## Speed Training

By now we've gone over a significant amount of information regarding how you should be training.

If you've been following my advice, by now you're starting to see some interesting improvements in many of the typical weaknesses that I see.

Anyway, as I'm sure you have figured out by now, I'm a stickler for focusing on mastering perfect technique by doing basic movements before jumping into the more complicated drills and exercises.

At the same time, I know how easy it is to lose focus so it's really important that we have enough variety in our practices to keep things fresh.

So be sure to come up with a large inventory of drills that you can apply to each different aspect of training. Also, make sure that the drills are performed correctly so that you learn the right way the first time AND so you know how to fix your form on the fly.

If you cover the topics I briefly mentioned in the previous three paragraphs, you are in position to make some serious improvements.

With the day off between lessons I trust you've begun applying these principles or, at the very least, you've been looking closer at the strengths and weaknesses of your current training program.

Keep in mind that every single topic and issue that I've discussed in the lessons is broken down into much greater detail so that you can practically cut and paste the information into your own program:

[www.CompleteSpeedTraining.com/fastpitch](http://www.CompleteSpeedTraining.com/fastpitch)

It's time to talk about speed work, what it really is, and what you need to be doing with your athletes.

The fact is that many coaches don't even know what true speed training is.

It's true.

So let's define it. Speed work consists of full intensity runs lasting between 2-8 seconds. These runs are followed by full recovery, which is usually at least 2-3 minutes between every run.

Between workouts, that means resting 36-48 hours between speed sessions to allow the body to fully recover.

If a workout doesn't follow those criteria, then athletes aren't developing their top speed or ability to accelerate.



# Speed Training Report



What I see most often is coaches making strange faces when told that their athletes have to rest that long between runs. If you're only giving your athletes 30 or 60 seconds between runs or you're making them run at top speed for longer than 8 seconds, then you're not improving their top speed, you're improving their speed endurance.

## What's the difference?

Speed work as I originally defined it is going to improve, for example, an athlete's fastest 40 time, How quickly they can go from standing still to top speed or their acceleration out of starting blocks.

Speed endurance won't improve any of those things, but it will improve an athlete's ability to run fairly close to top speed when they're tired.

Both are necessary parts of any athlete's training program.

The problem is this...

Let's say an athlete has a current top speed of 15 miles per hour. If he does primarily speed endurance he'll NEVER RUN FASTER than 15mph, but he'll get good at running at 11-12 mph over and over again.

## However:

Develop acceleration and top speed first and you can get that athlete to run 18 miles per hour. Then his speed endurance pace will be at 15mph, his old top speed.

The point is that if athletes train at less than full speed, how can you expect them to have a faster top speed?

It amazes me that coaches in every sport train their athletes using primarily (and often exclusively) sub-maximal workouts with much less than full recovery, but then wonder why their athletes don't show consistency in their workouts or times.

Amazing.

Of course, I break this down in more detail in Complete Speed Training and explain exactly where, when and how to differentiate these types of speed work to get the best results

So now that you know what speed work is AND what it is not, here's what you have to do to teach your athletes to run faster:





## STEP 1: Teach/Re-teach proper running form and mechanics.

In your first lesson I went over the importance of teaching perfect technique in the warm up.

In many ways it was leading to this.

Athletes must develop the habit of always doing drills the way they were meant to be done. If that's not automatic, it will be extremely difficult to teach and re-teach good running form.

Why?

Running, and particularly sprinting, is a skill just like shooting a basketball, or throwing a knuckle ball that dances. To get the most out of their bodies, they must re-train their bodies to move in a particular way through REPETITION of perfect form.

That is why in the Complete Speed Training program, I show my 'Championship Progression'. It's a series of drills that, when taught in a specific order, teach athletes perfect technique in record time.

The order is critical because one drill builds upon the previous one, thus 'cementing' the proper positioning into place.

Teach your athletes how to do these drills with perfect form and you Will see it carry over to their speed work and performances almost immediately.

All this leads me to...



## STEP 2: 'Step over the opposite knee, drive the foot down into the ground'

That's it. I just gave you the golden ticket.

Teach your athletes to do this with power and authority and nothing will ever be the same again.

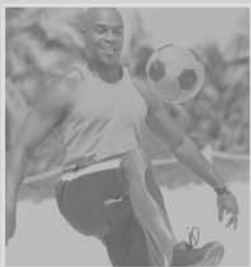
Oh how I wish someone taught me this when I was young.

Here it is:

Faster speeds come from applying more force to the ground.

NOT from turning the legs over faster.

NOT from taking longer strides.





Stride frequency and stride length are byproducts of the amount of force an athlete applies to the ground when running.

Lots of coaches talk about 'driving the knees' when running. And they're right. Except that you need to drive the knee down into the ground, not up.

Most people are teaching it backwards...and going backwards is the longest path to the finish line.

When you teach your athletes the drills I pointed out in Step 1, they are learning the motion of 'step over, drive down'. Once that motion becomes automatic through Perfect Repetition, it's time to teach them to drive the foot down into the ground, using the legs more like pistons and less like they are riding a bike.

Now it's time to see if they can apply these techniques while running.

The best way to work on acceleration is to put athletes in a position where they really have to 'step over and drive down'. That's why I like to run speed workouts up short, fairly steep hills. Because of the angle of the incline, if athletes don't drive down trying to push the ground back and away from them, they simply won't gain any momentum going up the hill.

If you can't use a hill, you can have them start from various positions on the ground. It's almost as good as a hill and athletes have fun competing against each other.

It's tough to accurately explain it in words, but once you hear me talk about it while watching it done on video, you'll know exactly what to do with your athletes.



### **Step 3: Critique form during workouts**

In theory I shouldn't have to say this, but coaches rarely do it beyond saying something vague like 'Swing your arms' or 'Drive your knees'.

Comments like that have little value unless athletes know why they are supposed to do it.

Since this method of training will be new to your athletes, they're going to need the aid of your watchful eye in order to make mid-practice changes to their form.

If you neglect to do this during their workouts, then everything that came before it, in large part, was wasted.

# Speed Training Report



There are common errors that I see in athletes regardless of age, skill level, experience, sport or gender. At your next practice, make an effort to see if you can pick these issues out and instruct your athletes on ways to fix them.

Remember that the cause of each of these problems is easily corrected. But until that happens, they're just slowing athletes down.

Here are the 5 most common form problems that I see, in no particular order:

1. Arms swinging across the midline of the body.
2. Tightly clenched fists, arms, neck and face.
3. Too much 'backside mechanics' - a lot of leg movement taking place Behind the body, but not much going on in front of the body.
4. 'Reaching' - foot strike takes place out in front of the body resulting in the shoulders being slightly behind the hips instead of directly above or slightly in front of the hips.
5. Running heel to toe - the heels should never hit the ground during Speed work.

Of course, detailed solutions to these problems and the reasons why they are happening are beyond the scope of this mini-clinic, but are covered in depth in your Complete Speed Training program.



# Speed Training Report



We covered a lot of information in the Complete Speed Training Report. The key is to start with basic skills and movements, perfect them, and then add more technically demanding movements.

Try these techniques out at your next practice or, at least, keep an eye out for the things I have discussed.

Start applying this information at your very next practice and start reaping the rewards of faster athletes!

Now you know what needs to change in your program to develop faster athletes.

You do want your athletes and your program to achieve greater success, don't you?

To your success,

**Latif Thomas and Patrick Beith**

Co-Owners of Athletes' Acceleration Inc.

Creators of the Complete Speed Training Program

P.S. – If you are looking for the FIRST and ONLY all-inclusive, step by step, speed development program to show you exactly how to make your athletes faster and more athletic than the competition go now to:

[www.CompleteSpeedTraining.com/fastpitch](http://www.CompleteSpeedTraining.com/fastpitch)



## About the Athletes' Acceleration

### Latif Thomas

Highly regarded as one of the top speed coaches in the country, Latif is the Co-Owner of Athletes' Acceleration, Inc., a leader in sports performance consulting, coaching and training resources for fitness professionals.

A former All East Sprinter while attending the University of Connecticut on a track and field scholarship, Latif is certified by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist (CSCS) and is USA Track and Field Level II Certified in the Sprints, Hurdles and Relays. In 2005, he was voted the Massachusetts State Track Coaches Association Coach of the Year for his success in developing countless champions and record holders at the conference, division and state levels.

### Patrick Beith

Patrick holds his Bachelor of Science in Exercise Physiology, and is recognized by National Strength & Conditioning Association (CSCS), National Academy of Sports Medicine (PES), American College of Sports Medicine (ACSM), International Youth Conditioning Association (IYCA) and USA Track & Field Coaching Level II (Jumps, Sprints, Hurdles and Relays).

A renowned coach, Patrick specializes in speed training & athlete development of various levels. As a performance coach, his concepts and products have helped thousands of athletes & coaches around the world. From athletic development to fitness business development - consulting, lecturing and teaching - Patrick strives to help each client achieve their goal and to reach their full potential.

Latif and Patrick have decided to finally reveal all of their training methods on Speed Training for Sports to the rest of the world in their Complete Speed Training Program.

To discover how to run faster and learn Latif and Patrick's proven speed training strategies go now to: [www.CompleteSpeedTraining.com/fastpitch](http://www.CompleteSpeedTraining.com/fastpitch)



# Speed Training Report

Here what the Experts are saying about the Complete Speed Training Program-



**Lee Taft**  
Director of Sports  
Performance

*"This is a definite product you want in your library!"*

*"I highly recommend Complete Speed Training Package for every coach and athlete interested in learning how to get faster and stronger. This is a definite product you want in your library! If you are unsure how to set up a training program- Athletes' Acceleration's got it completely covered.*

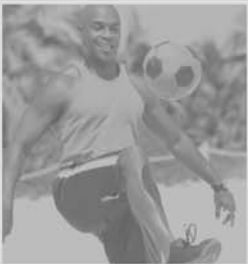
*You will walk away from watching this DVD package fired up and ready to coach speed!"*



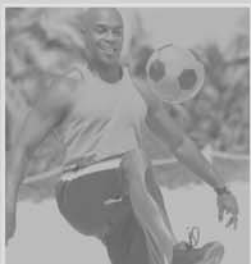
**Brian Schiff, PT, CSCS**  
Owner - The Fitness Edge  
Dublin, Ohio

*"A must have for all athletes and coaches looking to improve speed."*

*"Complete Speed Training is a must have for all athletes and coaches looking to improve speed. The comprehensive manual and DVD set outlines a straightforward step by step training program that covers all the essential elements of speed development. From beginners to advanced athletes, this training system offers several effective drills. The in-depth videos provide easy application for all coaches working with athletes in need of speed and power development. From dynamic warm-up to pure speed drills, Complete Speed Training provides a clear blueprint for success."*



# Speed Training Report



**Jim Labadie**  
President  
Achieve Total Fitness  
Tampa, FL

*"If you're serious about winning then get your hands on a copy of Complete Speed Training today."*

*"Speed kills. Period. If you want your athletes getting their asses kicked then I highly recommend you stand, pat, and do nothing. But if you're serious about winning then get your hands on a copy of Complete Speed Training today. Maybe not all of your competition is researching ways to get faster, but you know full-well at least one team is. And if they get their hands on this information first...well, your kids are going to be in for a LONG day when they face them.*

*It's simple: make the investment, get faster, win more."*



**Zach Even - Esh**  
Strength & Conditioning  
Coach  
Edison, NJ

*"If I was a high school coach or a performance coach this would be my Bible for speed & agility training!"*

*"Ok man, I have finished watching & reading your Complete Speed Training Package and it is AWESOME! In depth and no BS is exactly the type of information I need and you delivered BIG TIME!*

*The finer points of technique and progression for speed & agility training were great because I was completely missing these steps with my athlete which was limiting their true potential.*

*Your hard core conditioning and strength training DVD's include a much needed and very often left out segment of speed training, especially for the young athlete. Most coaches don't know what to do with strength training for speed and your DVD's on strength training are going to open up their eyes and take their athlete to the next level!*

*I know that if I was a high school coach or a performance coach that this would be my Bible for speed & agility training!*

# Speed Training Report



**JR Haworth, CSCS**  
Director of Training  
Athletic Matrix, Inc.

*"The best resource I have found for building speed."*

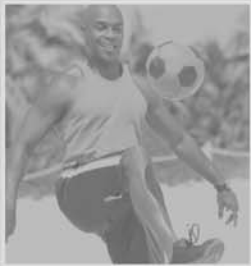
*"Patrick you have done it! Complete Speed Training lives up to its name and more! With over 15 years experience coaching and training in privately, collegiately, and in high school, this is the best resource I have found for building speed. Besides for having you right here in my office, the DVDs and accompanying manual is the next best thing. Plus, I can watch the DVDs again and again to make sure every detail is absorbed!"*

*Complete Speed Training is a must have resource for all strength and conditioning coaches who work with athletes in the offseason. The simple, logical progressions ensure proper body position is taught. In fact, just by understanding why certain drills are excluded are worth the price of the package alone!*

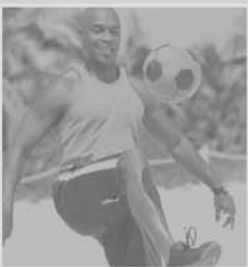
*By covering all topics in a progressive manner, I was able to incorporate many of the drills right into our current program, and the results have been tremendous. The other day I actually had an athlete 'click' after a couple weeks of teaching the drive phase portion. He turned to me and said, "It felt like I was running downhill!" I laughed and explained that he simply was no longer fighting himself and overreaching when he accelerated.*

*Awesome stuff!!*

*I have spent thousands of dollars on CEU's for my strength and conditioning certification over the years, and I have never received anywhere near the expertise on such an important subject. Thank you Patrick for sharing this amazing resource.*



# Speed Training Report



**Coach Dan Huff**  
Huff's Baseball Training  
Methods

*"Hands down this is one of the best products on the market for speed development!"*

*"Hands down this is one of the best products on the market for speed development! This is not just a laundry list of exercises to choose from; rather it is a step by step guide to developing blazing speed by progressing from basic exercise to advanced.*

*Working with elite baseball players I don't have time to waste with drills that have little return for their investment. Complete Speed Training is loaded with extremely effective and efficient drills that will get my athletes in top shape for their season quickly and efficiently so that they can spend more time on their field skills to become better baseball players.*

*If you're interested in becoming a good athlete don't buy this set, but if you are interested in becoming a GREAT athlete this is a must have for your collection!*

There are lots of programs out there that claim to improve your speed (and we've seen all of them). But when it comes to guiding you step by step through EVERY training element required to improve explosive speed and power, Complete Speed Training is the ONLY one that truly delivers. There's no need to waste your time searching for this information elsewhere, we guarantee you won't find it.

>>> Go now to learn more about Complete Speed Training by [clicking here](#)

Please feel free to give away this report without my permission as long as all content stays intact. This report is free and cannot be resold, however it can be offered as a free bonus or given away to anyone you choose to pass it along to.

I encourage you to share this with any friends, family members or coworkers who you think would be interested in this report so please forward it to them.

Also, if you have a website, blog, newsletter, or forum of your own please don't hesitate to give away this free report to all of your readers.