Boo Schexnayder

Organizing Training for Speed Development

A Philosophy of Speed Development

- Corequisites
  - Strength Training
  - Mobility and Flexibility Training
  - Restorative Training

A Philosophy of Speed Development

- Killing the Sacred Cow

- Planned Balance in Training

- Prioritizing Speed Development

- Patience and Progression

- Absence of Shortcuts and Avoiding Gimmicks

- Absence of Preconceived Notions

A Philosophy of Speed Development

- Speed, Talent and the Nervous System
- Training the Nervous System
  - Quality of Work
  - Long Rests
  - Low Volumes
- Compatible Components

A Philosophy of Speed Development

- Lactic Acid: Friend and Foe
- The Dangers of Endurance Training
- Practical Guidelines

Designing the Speed Program

- Speed Components
  - Acceleration Development
  - Speed Development
  - Speed Endurance
- Endurance /Fitness Components
  - Circuits
  - Extensive Tempo
  - Intensive Tempo
- Cyclic Training and Timeframes

Designing the Speed Program

- Identifying Training Components
  - Acceleration Development Training
    - Sprinting (10m-40m)
    - Resisted Runs (20m-50m)
  - Volumes
  - Rest Intervals

Favorite Workouts

- 4x10, 4x20, 4x30 from a crouch start
- 4x20, 4x30, 4x40 from a crouch start
- 12x30 resisted (tires) using a rollover start
- 9x30 from blocks
- 3x20,25,30 from blocks

Designing the Speed Program

- Identifying Training Components
  - Speed Development Training
  - The 3 Second Window
    - Sprinting (40m-80m)
    - Variable Speed Runs (70m-100m)
  - Volumes
  - Rest Intervals

Favorite Workouts

- Sprint Float Sprint
  - 4-6 Runs, 45/65/80

- Sprint Float Sprint
  - 3-5 Runs, 50/70/90

- Sprint 3x30, 3x40, 3x50

Designing the Speed Program

- Identifying Training Components
  - Speed Endurance Training
    - Sprinting (80m-120m)
    - Variable Speed Runs (100m-150m)
  - Volumes
  - Rest Intervals

Favorite Workouts

- Sprint Float Sprint
  - 4-5 Runs, 70/90/110, rest 6-8 minutes
- Sprint Float Sprint
  - 3-4 Runs, 80/110/150, rest 6-8 minutes
- Sprint 3x50, 3x60, 3x70

Assembling the Speed Program

- Sequencing Speed Training
  - 1. Acceleration Emphasis
  - 2. Absolute Speed Emphasis
  - 3. Speed Endurance Emphasis
- Sequencing Rationale
- Densities

Conditioning Training

- Sport Specific Conditioning
  - Conflicts with Speed Development
  - Fairly Easy to Develop
- Implications
  - Group it On Other Days
  - Delay It as Long as Possible

Conditioning Training

- Methods
  - Run Training
  - Circuit Training

Run Training for Fitness

- Advantages
  - Possible Specificity
  - Ease of Administration
- Disadvantages
  - Mobility Losses
  - Deterioration of Running Mechanics
  - Injury Risk

Circuit Training for Fitness

- Advantages
  - Coordination Gains
  - Enhanced Movement and Running Mechanics
  - Injury Risk Decreased
  - Ease of Administration
- Disadvantages
  - Planning
  - Possible Non-Specificity

Assembling the Speed Program

- Tempo Work
  - Extensive Tempo
    - 70%-80% Rests 1 ½ -3 minutes
  - Intensive Tempo
    - 80%-90%, Rests 3-4 minutes
- Maintaining Power Outputs

Extensive Tempo Workouts

- 8x150, recoveries 2-3 minutes

- 10x120, recoveries 2-3 minutes

- 12x100, recoveries 2-3 minutes

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Extensive Tempo Workouts for Team Sports

- 10x80, recoveries 1 ½ to 2 ½ minutes

- 9x90, recoveries 1 ½ to 2 ½ minutes

- 8x100, recoveries 1 ½ to 2 ½ minutes

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Intensive Tempo Workouts

- 250, 2x200, 3x150, recoveries 4-5 minutes

- 200, 2x150, 2x100 recoveries 4-5 minutes

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Intensive Tempo Workouts for Team Sports

- 10x80, recoveries 3½ to 4 ½ minutes

- 9x90, recoveries 3 ½ to 4 ½ minutes

- 8x100, recoveries 3 ½ to 4 ½ minutes

Assembling the Speed Program

- Phase 1 - Acceleration Emphasis

  - Acceleration Development Sprints

  - Resisted Runs

  - Extensive Tempo and/or Circuits

Assembling the Speed Program

- Phase 2 – Speed Development Emphasis

  - Acceleration Development Review and Rehearsal

  - Speed Development

  - Intensive Tempo and/or Circuits

Assembling the Speed Program

- Phase 3 – Speed Endurance/Competition Emphasis
  - Acceleration Development Review and Rehearsal
  - Speed Endurance Work (If Needed)
  - Circuits or Extensive Tempo
  - Competition

Yearly Scheduling
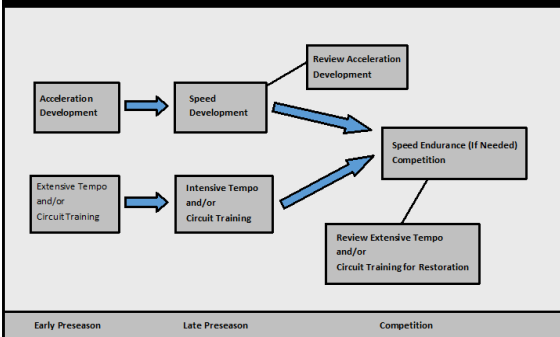
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