

Boo Schexnayder

# **Speed and Ancillary Training for the Distance Events**

# Ancillary Training Areas

- Static Flexibility
- Dynamic Flexibility
- Sprint Drills
- Hurdle Mobility
- General Strength
- Medicine Ball
- Multijumps
- Olympic Lifts
- Static Lifts

# Static Flexibility

- Types
  - Standard
  - Facilitated
- Purposes
- Risks
- Usage

# Dynamic Flexibility

- Characteristics
- Purposes
- Complexity
- Usage

# Sprint Development Drills

- Characteristics
- Types
  - RoM Challenging
  - Postural Challenging
- Purposes
  - Coordination Development
  - Force Application
- Misconceptions
- Usage

# Hurdle Mobility

- Types
  - Static
  - Dynamic
- Purposes
  - Flexibility and Joint Operation
  - Agonist/Antagonist Timing
  - Strengthening
  - Diagnosis

# General Strength

- Purposes
  - Strength Development
  - Coordination Development
  - Enhanced Mechanics
  - Prophylactic Effect
  - Multiplanar/Rotational Movements
  - Establishing/Reestablishing RoM
  - Restoration

# General Strength

- Exercise Types
  - Callisthenic
  - Specialized Callisthenic
  - Stability
  - Connective Tissue
  - Functional/Evaluative

# General Strength Circuits

- Circuit Construction
- Advantages
  - Energy System Development
  - Relief From Repetitive Movement Syndromes

# Medicine Ball

- Purposes and Advantages
- Increased, Impact Related Demand
- Circuit Options

# Multijump Training

- Types
  - In Place Jumps
  - Short Bounds
  - Extended Bounds
  - Depth Jumps

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# Multijump Training

- Purposes
  - Strength Development via Tension
  - Specificity
  - Enhancement of Running Mechanics
- Needs for Progression

# Olympic Lifts

- Characteristics
- Purposes
  - Complex Strength Development
  - Force Application Enhancement
  - Coordination Development
  - Body Balancing and Mechanic Enhancement

# Static Lifts

- Characteristics
  - Gross
  - Lower Reps/High Intensity/Long Recovery
- Purposes
  - Strength Development
  - Flexibility Enhancement
  - Endocrine Fitness
- Specificity Concerns
- Hypertrophy Concerns

# Bodybuilding Lifts

- Characteristics
- Smaller Muscle Groups
- Lighter Weights/Higher Reps/Short Recoveries
- Purposes
  - Strength Development
  - Endocrine Fitness
  - Glycogen Establishment/Reestablishment
- Hypertrophy Concerns

# Speed Training

- Characteristics
  - High Quality, Recoveries as Needed
  - 30-80m
- Purposes
  - Speed Development
  - Running Economy Improvements
  - RoM Establishment/Reestablishment, Contrast
- Scheduling
- Speed Endurance Extension
  - High Quality, Recoveries as Needed
  - 80-150m
- Compatible Training

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