Philosophy
Philosophy

- Quick vs Fast
- Full ROM
- The purpose of the acceleration
• Pushing

• Posture

• Projection

• Patience

• COINTELPRO Operation – Disinformation Campaign
### Philosophy

- Pushing
- Posture
- Projection
- Patience

- COINTELPRO Operation – Disinformation Campaign..... It feels wrong
Technical Aspects

- Progressive *Whole* Body Angle Changes (no staying low)
- Pelvic Alignment and Involvement
- Elasticity (Pushing Up)
- Gears/Stalling Out
Technical Aspects

- Shin Angles...Negativity

- Block Set-up, Block Spacing, Set Positions
  - balance, set up hip to extend forcefully

- Projection, Pushing Up, Pushing Out.. Changes in Feel

- Feedback to the Athlete!!
Technical Aspects

- Video Examples of Various Aspects
Training Strategies

- Importance of Acceleration Development
- Volume, Density, Periodization Thoughts
- Examples
  - “A” 4x10, 20, 30; “B” 4x10, 4x20, 4x30
  - “C” 4x15m, 3x25m, 2x35m, 1x45m
  - “D” 3x1H, 2H, 3H; “E” 2x1H, 3x2H, 4x4H
  - Resisted Runs – 10x30m
Training Strategies – Variance Ideas

1. Accel Development
2. # of reps
3. spikes or not
4. starting positions
5. blocks or no
6. distance run
7. surface (grass, turf, track)
8. resistance or not?
9. type of resistance (exergenie, sled, tire, vest, uphill)
10. poles – length of pole
11. hurdle spacing and height
Training Strategies – Compatibility

- Wt Room
- Multi-Jumps
- Multi-Throws
Suggested Resources for Continued Development

- Tellez, T., Perfecting the Sprint Start, Coaches USA Videos
- Tellez, T. Block Starts and Acceleration Mechanics, Coaches Choice Videos
- Pfaff, D., Classroom to Track, Sprint Start Mechanics, (video)
- Pfaff, D, NSA Photosequence #15, Carl Lewis 200m Start, New Studies in Athletics
- Dyson, G., Mechanics of Athletics
- Schexnayder, I., Mechanics of the Jump Approach, Sacspeed.Com