

Acceleration



**PHILOSOPHY, MECHANICS,
& TRAINING STRATEGIES**

KEBBA TOLBERT

Philosophy



Philosophy



- **Quick vs Fast**
- **Full ROM**
- **The purpose of the acceleration**

Philosophy – Tellez/Pfaff



- **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
- # of reps
- spikes or not
- starting positions
- blocks or no
- distance run
- surface (grass, turf, track)
- resistance or not?
- type of resistance (exergenie, sled, tire, vest, uphill)
- poles – length of pole
- 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