

Science and Periodization of Speed Development

Power Output Levels

- Monitoring Power Output Levels
- Maintaining Power Output Levels
- Workout Alterations

Lactate Basics

- Lactate Shock
- Moderate Lactate and Endocrine Fitness
- Moderate Lactate and Recovery
- Body Language

Acceleration Development

- A Form of Power Development
- Isolating the Acceleration Component
- Work Quality and Recovery
- Lactate Production
- Resistance and Resistance Values

Speed Development

- Isolating the Maximal Velocity Component
- Work Quality and Recovery
- Lactate Production
- Prerequisites

Speed Endurance

- Lactate Issues
- Delayed Onset of Speed Endurance Training
- Challenging Maximal Velocity Windows
- Work Quality and Recovery
- Lactate Production
- Prerequisites

Speed Sequences

- Acceleration Dev-Speed Dev-Speed End.
- Rationales
- Lactate Considerations
- Training Age Considerations
- Individual Adjustments

Body Balance

- Peripheral / Core Strength Ratios
- Power/Elasticity/Absolute Strength Ratios

Mobility

- Ranges of Motion
- Internal Joint Resistance
- GTO Thresholds

Contrast

- Complicating the Training Stimulus
- Contrast Applications
 - Intrasession
 - Intersession

Multijump Applications

- Teaching Force Application
- Teaching Combinations
 - Acceleration – Short Horizontal Bounds
 - Speed Development – Depth Jumps, Hurdle Hops
 - Speed Endurance – Hurdle Hops, Extended Bounds
- Confusion Combinations

Lifting Applications

- Applications of Olympic Lifts
 - Power First
 - Mixing Power and RFD
- Applications of Static Lifts
 - Patience
 - RoM
 - Needs and Training Age Implications
- Applications of Ballistic Lifts
 - Specificity
 - Maintenance

Recovery Applications

- Mild-Moderate Lactate
- Circuits and Running Workouts
- Preserving Mobility and Elasticity
- General Strength and Medicine Ball
- Limiting Bracing Maneuvers
- Bodybuilding Lifts

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