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
Peripheral / Core Strength Ratios

Power/Elasticity/Absolute Strength Ratios
Mobility

- Ranges of Motion
- Internal Joint Resistance
- GTO Thresholds
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