



Applied Sprint Training

By James Smith

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Applied Sprint Training By James Smith

There is no professional coaching endeavor that is capable of superseding the importance of securing biomechanical movement efficiency.

Movement is the commonality shared between all athletes in all sports. Thus the optimization of its efficiency benefits performance advancement as much as the prevention of injury.

Securing biomechanical movement efficiency is only one part of a greater whole; however, which is the omniscient objective of optimizing global training load management.

The coach who seeks to operate at an omniscient capacity assumes a global perspective towards problem solving. This point of view is central towards enhancing the process of deconstructing problems down to the basal level; at which point any possibility for debate is obviated.

Sprinting is one of the basal constituents, arguably the most important, in the preparation of most T&F, team based field and court sport athletes.

Any coach of speed/power athletes is assured to enhance these competition outcomes via the study and practice of applied sprint training.

- Sprint Speed
- Speed Zones
- Intensity Limits
- Speed Development Strategies
- Tempo
- Utility of Power Speed Drills
- Task Specific Work Capacity
- Implications on Sport Training Load Management
- Acceleration is a Skill -Reduction in Non-Contact Injury
- Trainability of Speed -Dynamic Stereotype
- Sprint Training Integrated into the Training Load via the High/Low Method
- Applied Sciences
- Specialized Exercises and Drills for Sprinting
- Alactic Speed Work

- Applied Sprint Training
- Program Examples

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