

ELITE

SPEED

SPEED IS EVERYTHING

To improve speed you need to...

- ➔ Get Stronger
- ➔ Get Explosive
- ➔ Get Faster

6 ELITE EXERCISES TO DRASTICALLY IMPROVE YOUR ACCELERATION

#EPOKFAST

ATHLETICISM UNLEASHED

GUARANTEED REDUCTION IN SPRINT TIME

EXCLUSIVE!

THE ULTIMATE SPEED TRAINING PLAN

⊕ EPOK PERFORMANCE

STRENGTH, POWER, AND SPEED

Coach John Evans

LEARN WHAT IT TAKES TO DEVELOP ELITE LEVEL SPEED

Speed is everything. It's the difference maker for athletic success. I'm sure everyone has witnessed elite speed at some point. When you see it you just know, no one has to tell you an athlete is fast. It's displayed through their actions on the field or court. This is why developing speed is so important, because when you have it everyone notices. Use this guide to develop game changing speed and unleash your athletic potential. ➔

THE BASICS

Speed is the ability to move across the ground as quickly as possible. It is often looked at in terms of **Stride Length X Stride Frequency**. Stride length is the distance covered in one stride, while stride frequency is the number of strides taken in a given amount of distance. You want to focus on developing a solid combination of both characteristics.

We can have a tendency to overcomplicate speed training for athletes. Things like mechanics and technique are great but none of it matters if the athlete does not have relative strength and power. Speed is explosive, the fastest athletes also typically jump the highest and have the highest relative strength to bodyweight. In this guide we will...

Get Strong + Get Explosive = Get Fast!!

STRENGTH AND SPEED

Strength training increases the body's ability to produce force. That's half of the equation in terms of speed, the other would be the ability to quickly generate that force (ie. Power). I get asked all the time "How do I get faster?" and my response is almost always get stronger. The specifics of this answer will depend on who asks, but I'm assuming most of you are either young athletes or parents of young athletes. In which case, my answer is a resounding...Get Strong, Get Fast!

When you look at athletes that possess elite levels of speed they almost universally also possess a high strength to bodyweight ratio. The ratio can be reflected across many lower body exercises but the easiest to use is the back squat. Having a high back squat when compared to bodyweight is typically a good indicator of an athlete's speed.

POWER AND SPEED

To possess elite speed it is essential that an athlete be capable of generating a large amount of force in a short amount of time. This is where training for power comes into play. Movements like jumps, throws, and olympic lifts all serve to aid in the development of explosive power.

Athletes that can display a high level of explosive power have the highest likelihood of athletic success. It translates into all aspects of sport, most importantly the ability to express one's speed.

SIX ELITE SPEED EXERCISES FOR ACCELERATION

➔ Wall Pistons



- Goal is to set up the posture to properly accelerate
- Comfortably lean against a wall with wrists positioned at about shoulder level
- Lift one leg off the ground in a "knee up, toe up" position
- Raised leg should be at a 90 degree angle with the hip
- Piston the leg down into the ground while staying as stiff as you can with your posture

➔ Rolling Starts



- Start by getting into your normal standing sprint position
- To begin the movement roll backwards putting more of your bodyweight on the back leg
- At this point the front leg should be straightened
- Then transfer the momentum from rolling backwards into a forward motion and begin your sprint
- The goal of this drill is to assist you with the start of your sprint and allow proper positioning

➔ Falling Starts



- Begin by standing upright with both feet together
- Start the movement by going up on your toes and allowing the body to fall forward
- Feel the fall and then catch yourself by driving your leg down and back into the ground
- When you catch yourself and start the sprint you will need to manufacture the arm and leg action
- In order to keep the acceleration angle you must be able to produce enough force during your first few steps

SIX ELITE SPEED EXERCISES FOR ACCELERATION

➔ Crouched Start



- Begin by getting into a three-point stance
- We then remove our hand from the ground and raise our back to about a 45 degree angle
- Upper body should be in the same position as the standing start
- Lower body should be crouched and core should be engaged
- You will perform your sprints from this position
- Goal of this exercise is to put the body in a position where it needs to produce more force to start the sprint

➔ Half Kneeling Start



- Begin in a single leg kneeling position
- You do not want to be in an upright posture for this drill
- Center of body mass should be close to the point of push off (ie. front foot)
- To create this position we load the body at two points, the ankle and the hip, while also maintaining a flat back
- Go into opposite arm action
- This will be the starting position from which you will sprint out of

➔ Prone Starts



- Start by laying on the ground in push up position
- You will begin the movement by generating as much force as possible into the ground as you push the body up
- As this is happening drive one of your legs up underneath you and accelerate out of the position
- Create arm action as you accelerate into the sprint
- Focus on maintaining posture during the push off and initial acceleration
- Try not to round your back or get caught with the head and shoulders below the hips

ULTIMATE SPEED TRAINING PLAN

⊕ Monday - Lower Body Power/Strength Training

Single Leg Hop

- 5 sets x 5 reps each leg
- Perform rapid successive hops on one leg

Standing Triple Jump

- 5 sets x 1 rep

Depth Jump to Medicine Ball Throw

- 5 sets x 1 rep
- Each set is made up of one rep
- Vertically explode and throw the medicine ball

Front Squat

- 5 sets x 5 reps
- 5 working sets, warm ups do not count

Walking Lunge

- 3 sets x 20 total reps
- Use dumbbells for resistance

Dead Bugs

- 3 sets x 8 reps each side
- Perform a 2 second hold at the end of each rep

⊕ Tuesday - Upper Body Strength Training

One Step Wall Throw

- 5 sets x 1 rep
- Use a moderately heavy medicine ball
- Start with feet parallel and the ball at your chest
- Take one step forward and explosively throw medicine ball

Bench Press

- 5 sets x 5 reps

DB Military Press

- 3 sets x 10 reps
- Perform this exercise standing

Pull Ups

- 3 sets x 10 reps

Single Arm Row

- 3 sets x 10 reps

Face Pull

- 3 sets x 12 reps

ULTIMATE SPEED TRAINING PLAN

⊕ Wednesday - Sprint Work

Wall Pistons

- 2 sets x 5 reps each leg
- Maintain overall body tension and posture

Power Skips

- 3 sets x 15 yards
- Try to get as high off the ground as possible

Rolling Starts

- 5 sets x 10 yards

Falling Starts

- 5 sets x 10 yards

Crouched Starts

- 5 sets x 10 yards

Broad Jump

- 8 sets x 1 rep

Bird Dogs

- 3 sets x 8 reps
- Perform a 2 second hold at the top of each rep
- Brace core throughout

⊕ Thursday - Lower Body Strength Training

Back Squat

- 5 sets x 3 reps
- Warm up sets do not count

RDL

- 3 sets x 8 reps
- Focus on slowly lowering the weight

DB Step Ups

- 3 sets x 10 reps

Single Leg Cross Body Deadlift

- 3 sets x 10 reps
- Similar to a standard single leg RDL, opposite hand from support leg is holding weight or touching the ground
- Use that opposite hand to reach across the support leg as you are lowering the body

Paloff Press

- 3 sets x 8 reps
- Stand laterally to a cable crossover
- Brace core and press cable out from your chest
- Resist the tension pulling you to one side and maintain hip and shoulder position

ULTIMATE SPEED TRAINING PLAN

⊕ Friday - Upper Body Strength

Plyo Push Ups

- 5 sets x 5 reps
- Explosively push the body off the ground

Push Press

- 5 sets x 3 reps

Bent Over Row

- 5 sets x 8 reps

Incline Close Grip Bench Press

- 3 sets x 10 reps

Neutral Grip Pull Ups

- 3 sets x 10 reps

Rear Delt Flys

- 3 sets x 12 reps

Above the Head Plate Raises

- 3 sets x 12 reps
- Front raises but extend the weight completely overhead

⊕ Saturday - Sprint Work

Wall Pistons

- 2 sets x 5 reps each leg

Falling Starts

- 5 sets x 10 yards

Half Kneeling Starts

- 5 sets x 10 yards

Prone Starts

- 5 sets x 10 yards

30 Yard Sprints

- 3 sets x 1 rep

Standing Triple Jump

- 5 sets x 1 rep

Dead Bugs

- 3 sets x 8 reps

⊕ Sunday - Off