

Boo Schexnayder

Developing Speed for All Events

A Philosophy of Speed Development

- Corequisites
 - Strength Training
 - Mobility and Flexibility Training
 - Restorative Training

A Philosophy of Speed Development

- Killing the Sacred Cow
- Planned Balance in Training
- Prioritizing Speed Development
- Patience and Progression
- Absence of Shortcuts and Avoiding Gimmicks
- Absence of Preconceived Notions

A Philosophy of Speed Development

- Speed, Talent and the Nervous System
- Training the Nervous System
 - Quality of Work
 - Long Rests
 - Low Volumes
- Percentage of Neural Work
- Compatible Components

A Philosophy of Speed Development

- The Dangers of Endurance Training
- Lactic Acid: Friend and Foe
- Practical Guidelines

Designing the Speed Program

- Run Training Components
 - Speed Components
 - Acceleration Development
 - Speed Development
 - Speed Endurance
 - Endurance Components
 - Extensive Tempo
 - Intensive Tempo
- Cyclic Training and Timeframes

Designing the Speed Program

- Identifying Training Components
 - Acceleration Development Training
 - Sprinting (10m-40m)
 - Resisted Runs (20m-50m)
 - Volumes
 - Rest Intervals

Favorite Workouts

- 4x10, 4x20, 4x30 from a crouch start
- 4x20, 4x30, 4x40 from a crouch start
- 12x30 resisted (tires) using a rollover start
- 9x30 from blocks
- 3x20, 25, 30 from blocks

Designing the Speed Program

- Identifying Training Components
 - Speed Development Training
 - The 3 Second Window
 - Sprinting (40m-80m)
 - Variable Speed Runs (70m-100m)
 - Volumes
 - Rest Intervals

Favorite Workouts

- Sprint Float Sprint
 - 4-6 Runs, 45/65/80
- Sprint Float Sprint
 - 3-5 Runs, 50/70/90

Designing the Speed Program

- Identifying Training Components
 - Speed Endurance Training
 - Sprinting (80m-120m)
 - Variable Speed Runs (100m-150m)
 - Volumes
 - Rest Intervals

Favorite Workouts

- Sprint Float Sprint
 - 4-5 Runs, 70/90/110, rest 6-8 minutes
- Sprint Float Sprint
 - 3-4 Runs, 80/110/150, rest 6-8 minutes
- Ladders (400 only)
 - 300, 250, 200, rest 8-12 minutes
 - 350, 300, 200, rest 8-12 minutes

Assembling the Speed Program

- Sequencing Speed Training
 - 1. Acceleration Emphasis
 - 2. Absolute Speed Emphasis
 - 3. Speed Endurance Emphasis
- Sequencing Rationale
- Densities

Assembling the Speed Program

- Tempo Work
 - Extensive Tempo
 - 70%-80% Rests 1 ½ -3 minutes
 - Intensive Tempo
 - 80%-90%, Rests 3-4 minutes
- Maintaining Power Outputs

Favorite Extensive Tempo Workouts

- 6x200, recoveries 2-3 minutes
- 8x150, recoveries 2-3 minutes
- 10x120, recoveries 2-3 minutes
- 12x100, recoveries 2-3 minutes

Favorite Intensive Tempo Workouts

- 300, 2X250, 2X200, recoveries 4-5 minutes
- 250, 2X200, 3X150, recoveries 4-5 minutes
- 200, 2X150, 2X100 recoveries 4-5 minutes

Assembling the Speed Program

- Phase 1 - Acceleration Emphasis
 - Session 1
 - Acceleration Development Sprints
 - Session 2
 - Resisted Runs
 - Session 3
 - Absolute Speed Technical Rehearsal
 - Session 4
 - Extensive Tempo

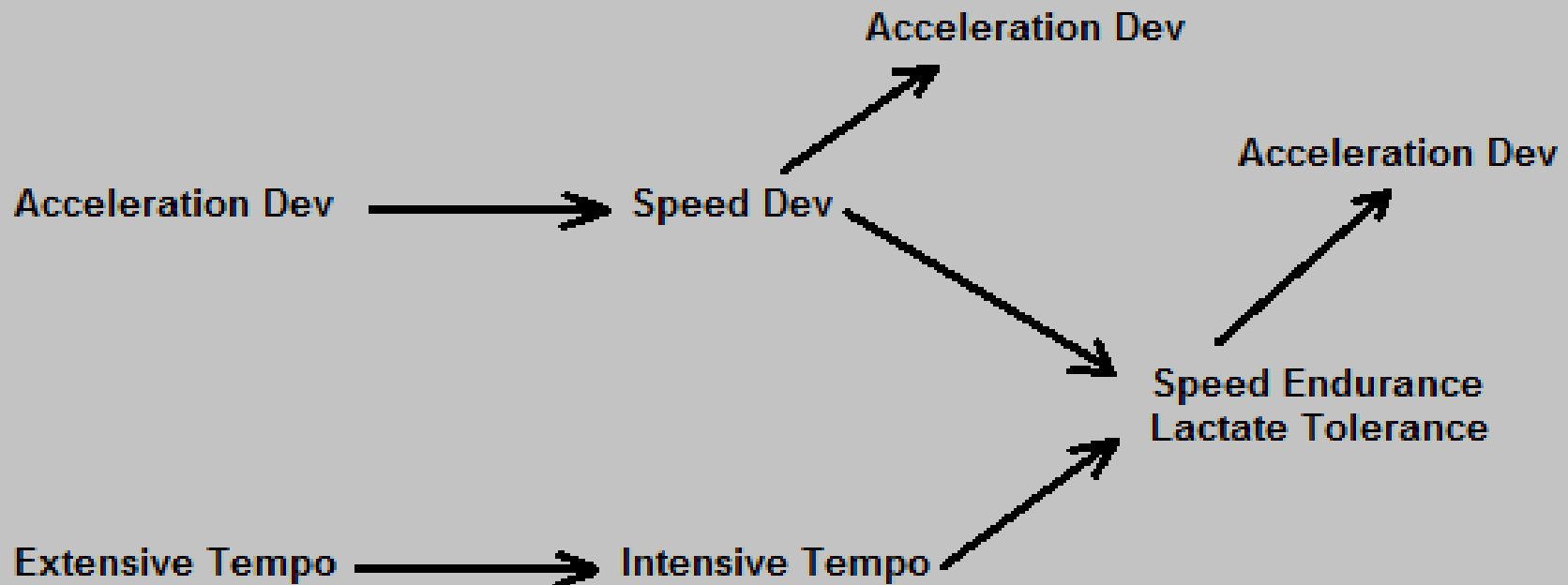
Assembling the Speed Program

- Phase 2 – Speed Development Emphasis
 - Session 1
 - Acceleration Development Review and Rehearsal
 - Session 2
 - Speed Development
 - Session 3
 - Intensive Tempo

Assembling the Speed Program

- Phase 3 – Speed Endurance Emphasis
 - Session 1
 - Acceleration Development Review and Rehearsal
 - Session 2
 - Speed Endurance Work
 - Session 3
 - Competition

Yearly Scheduling



General Prep

Specific Prep

Competition

Yearly Scheduling – General Prep

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|-------------------------|------------------------------|-------------------------------------|-------------------------|
| Acceleration Dev. (Sprints) | Extensive Tempo | Stadium Singles | Acceleration Dev. (Resisted) | Extensive Tempo |
| Multijumps (Hz Bounds) | General Strength | Medicine Ball Circuit | Multijump Circuit | General Strength |
| Olympic Lifts | Weight Circuit | | Olympic Lifts | Weight Circuit |
| Static Lifts | | | Static Lifts | |
| | | | | |

Yearly Scheduling – Specific Prep

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|-----------------|-----------------------|-------------------|------------------------|
| Acceleration Dev. (Blocks) | Intensive Tempo | General Strength | Speed Development | Mild Lactate Tolerance |
| Multijumps (Hz Bounds) | Weight Circuit | Medicine Ball Circuit | Vertical Bounds | General Strength |
| Olympic Lifts | | | Olympic Lifts | |
| Static Lifts | | | Static Lifts | |
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Yearly Scheduling – Competition

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|--------------------------|------------------|-------------------------|-------------|
| Acceleration Dev. (Mixed) | Speed Endurance or | General Strength | Acceleration Dev (Stim) | Competition |
| Multijumps | Lactate Tolerance (Hard) | Weight Circuit | Olympic Lifts | |
| Olympic Lifts | Medicine Ball | | | |
| Ballistic Lifts | | | | |
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