



**Be the  
HASHTAG**

# Some Facts:

- **Elite sprinters will absorb up to 5x bodyweight in each ground impact.**
- **Ground contact times will be .08s-.10s (literally the blink of an eye)**
- **Acceleration will have more horizontal and more propulsive forces. Max speed will have more vertical and braking forces.**
- **Therefore - sprinting is a skill!**

# Coaching:

- **Tall posture - “long and strong”, “head to sky”, “zip up tall”**
- **Strong arm action - “punch the cheeks”**
- **Knee lift/drive - “smash glass”**
- **Heel recovery - “cycle fast”**
- **Acceleration - “snap the line away”, “punch the ground back”**
- **Top speed - “punch off the ground”, “pop the ground”**

# Training Parameters:

- **Perform when fresh - after warm up, before main body of work in session.**
- **Low volume - low distance, low reps, low sets.**
- **Plenty of rest - at least 60-90s for 10m and 30s for every 10m increment thereafter, i.e 20m = 120s rest.**
- **Vary emphasis across week - short acceleration one day, longer sprint work the other day.**
- **Build from short distance to longer distance over 6-10 weeks then rinse & repeat.**

# Foolproof Programme:

- **Week 1: 5m x 3-4 reps**
- **Week 2: 5m x 4-5 reps**
- **Week 3: 10m x 3-4 reps**
- **Week 4: 10m x 4-5 reps**
- **Week 5: 15m x 3-4 reps**
- **Week 6: 15m x 4-5 reps**
- **Week 7: 20m x 3-4 reps**
- **Week 8: 20m x 4-5 reps**

**Week 9: Rinse and repeat from start again.**

# Further Exploration:

**1 to watch:**

**Noah Lyle Speed Drills**

**2 to read:**

- **4 Common Errors with Training Speed in Team Sport**
  - **7 Myths on Speed Training for Team Sport**

**1 to listen to:**

**Benefits of Max Speed in Team Sports (podcast)**