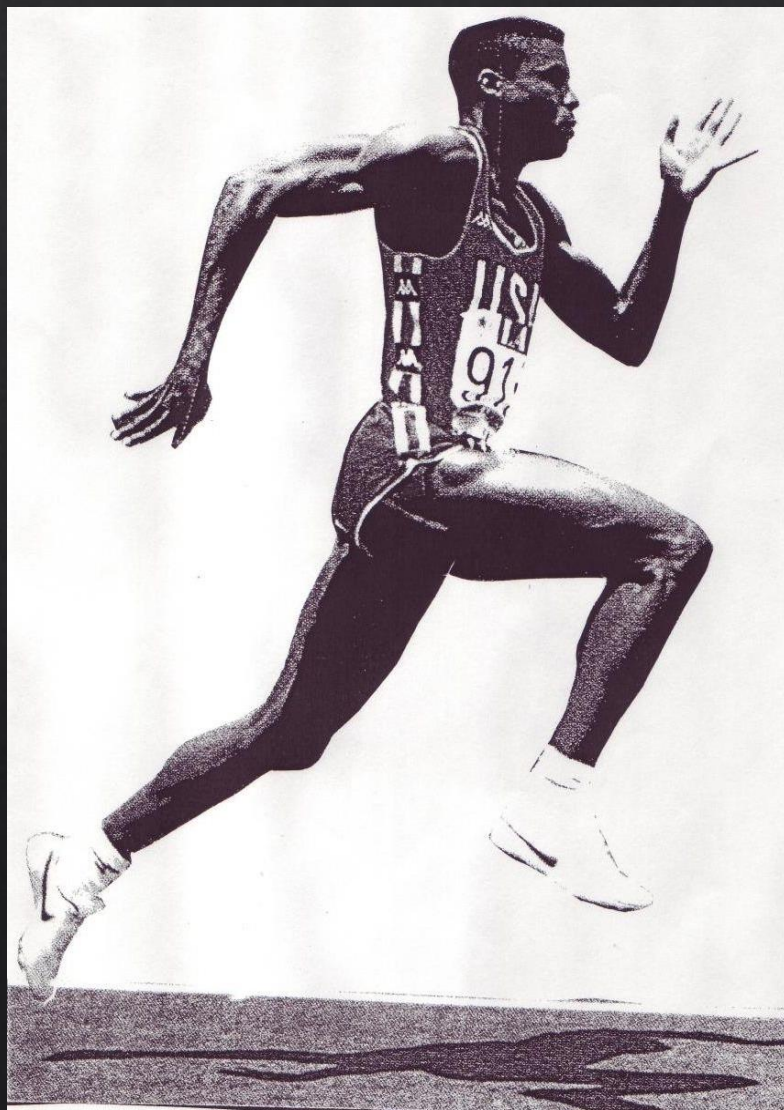


Acceleration Training

18 November 2020



- ◇ 100m acceleration pattern is the base language of all sprint/hurdle accelerations.
- ◇ 400m/400H athletes need accel training as much as 100m, 200m, & 100/100mH do.
- ◇ Acceleration is pushing.
- ◇ “There is no such thing as the drive phase”. Push the entire race -- all the way.
- ◇ Acceleration enables V_{max} posture, creates momentum and allows finishing.
- ◇ Failure to finish races is overwhelmingly a failure to accelerate properly.
- ◇ Acceleration must be taught and trained as part of a balanced program.
- ◇ Acceleration is MAXIMAL TRAINING AT 100% INTENSITY (rest accordingly).
- ◇ Athletes do not know how to accelerate. You must teach them.
- ◇ Flojo accelerated for 90 meters plus, in the 88 Olympic final. (9 str 10m segs)





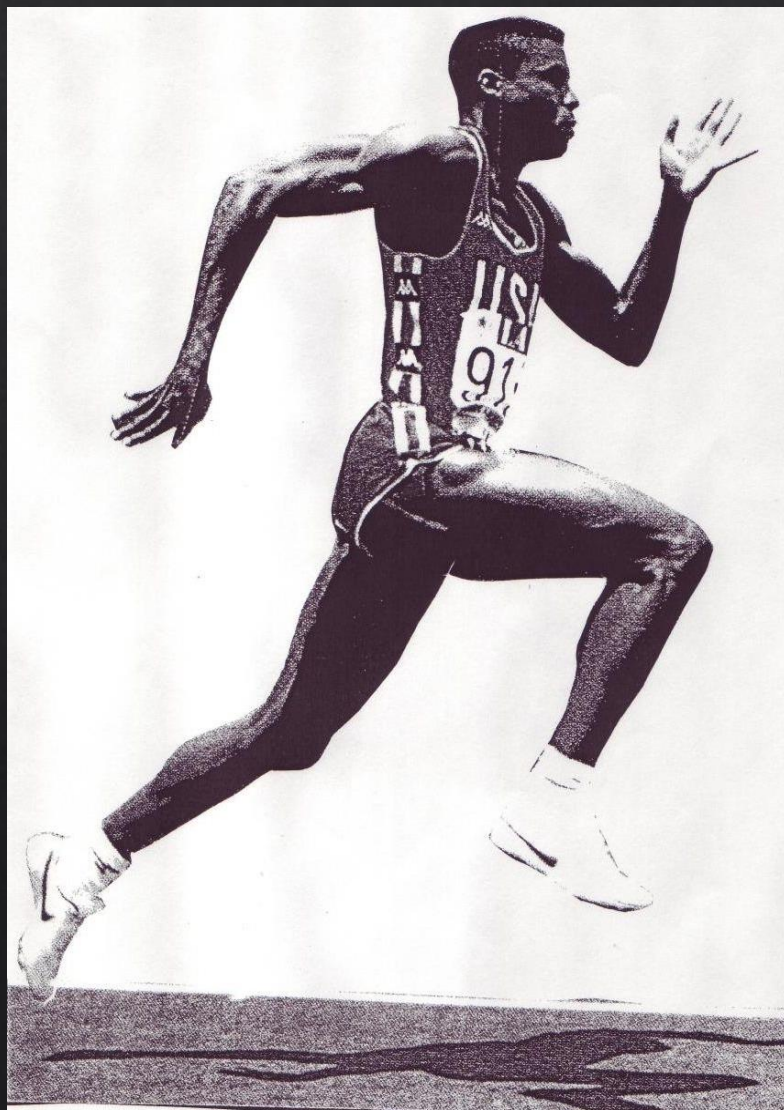


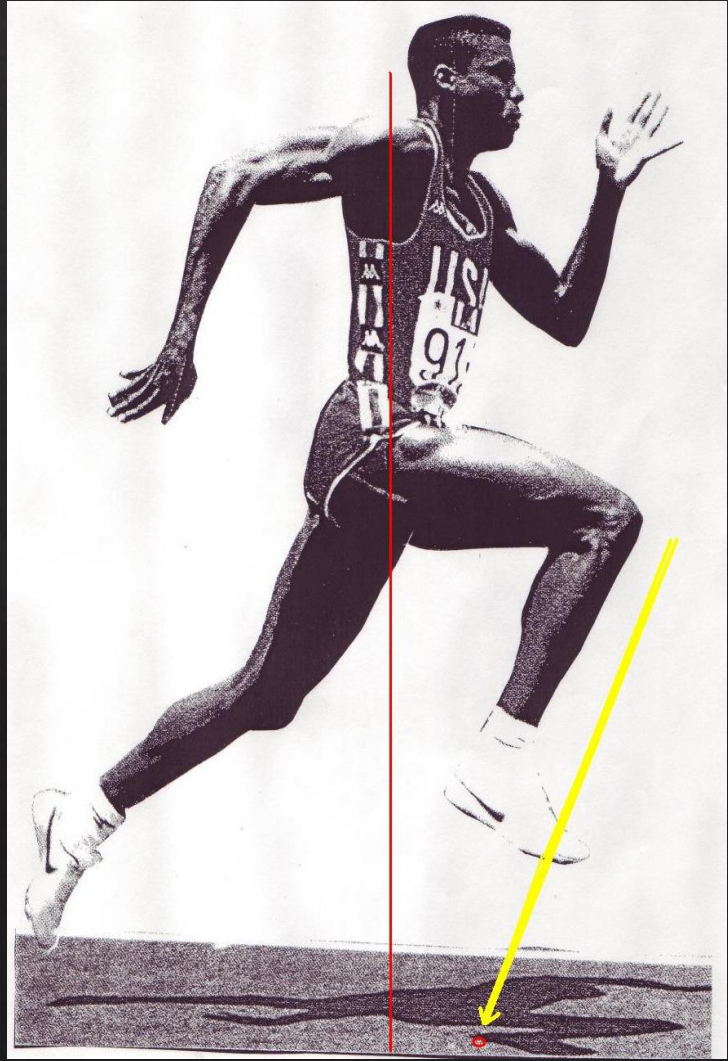




- ◇ 12 athletes x 8 accel x 5.5 days x 39 wks= 20,592 accelerations per year!
- ◇ If I observe half of those, I am observing 10,000 accelerations per year.
- ◇ I have been coaching 26 years
- ◇ IMO, not once have I EVER seen an athlete push too hard or push for too long.
- ◇ A small percentage does push 100+ meters, which is necessary.

- ◇ Blind study at U. Tenn: 6 x 30m test. Each athlete 6 trials, semi-auto timed from t.d. of first step, with stride 10 measured for depth. (Reaction variable eliminated)
- ◇ 10 of 13 athletes' fastest trial coincided with their greatest t.d. distance
- ◇ 12 of 13 athletes' slowest trial coincided with their least t.d. distance





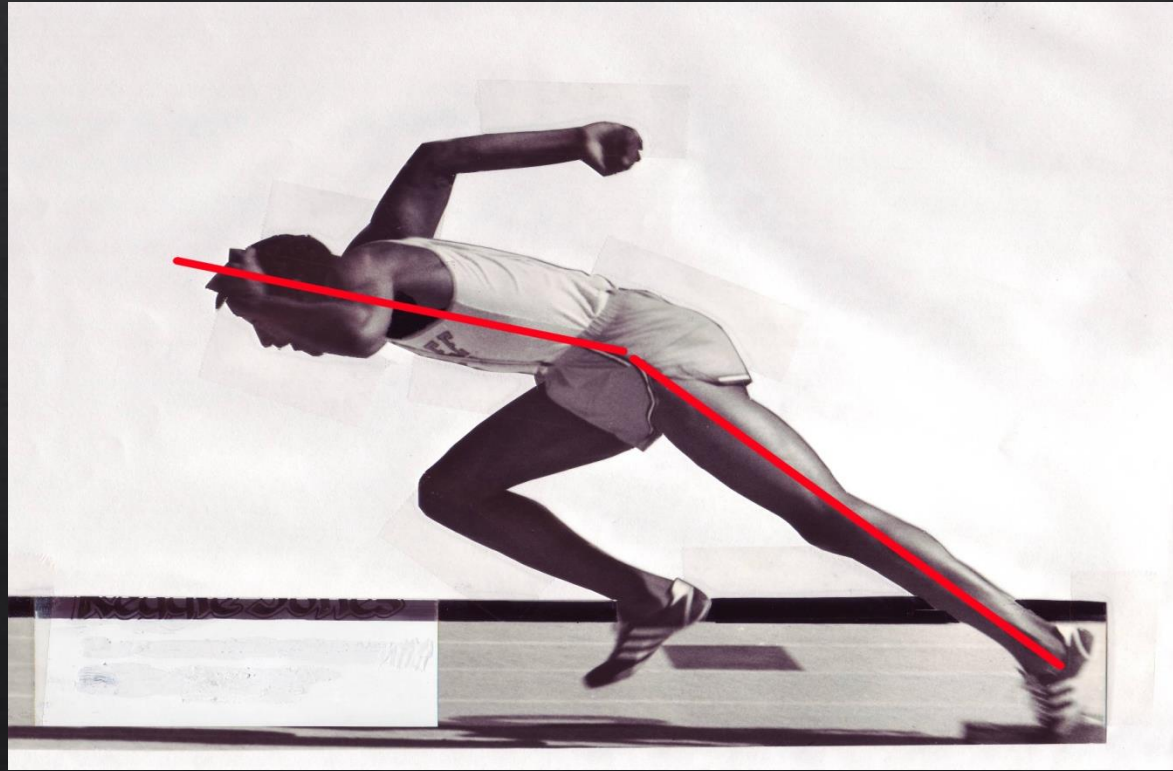


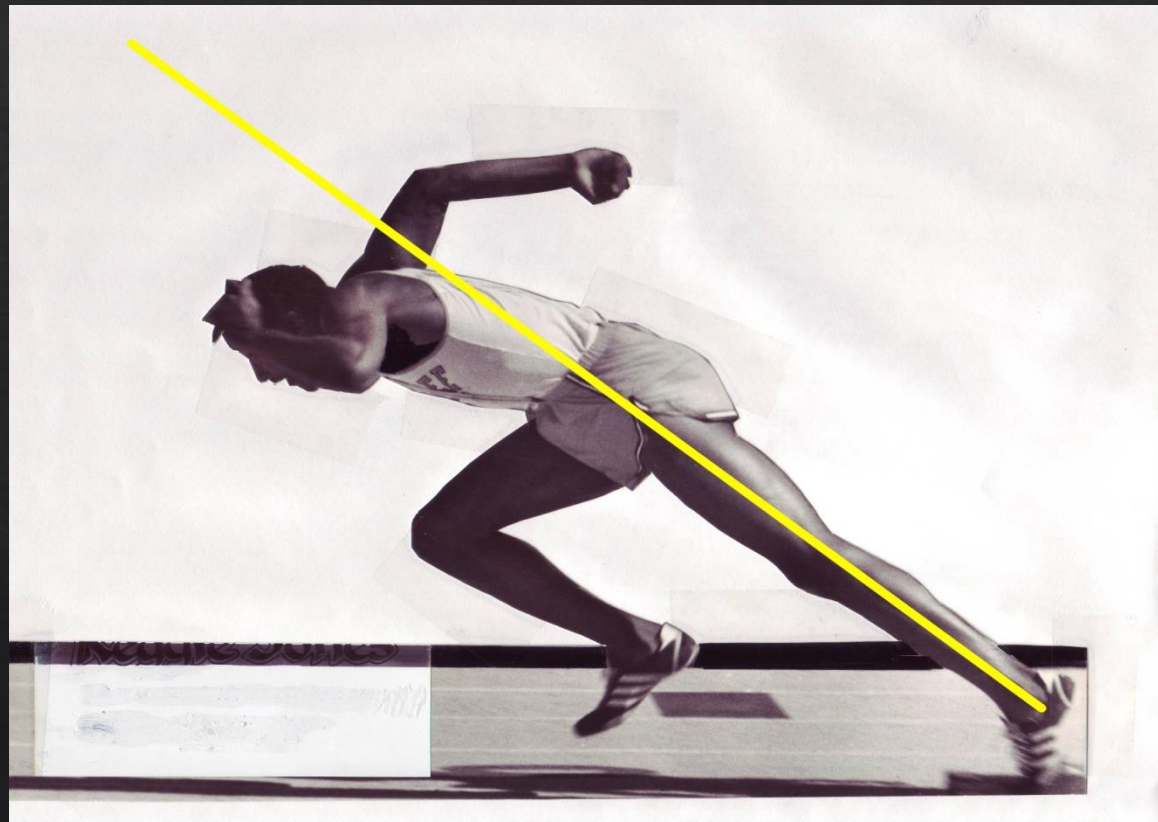














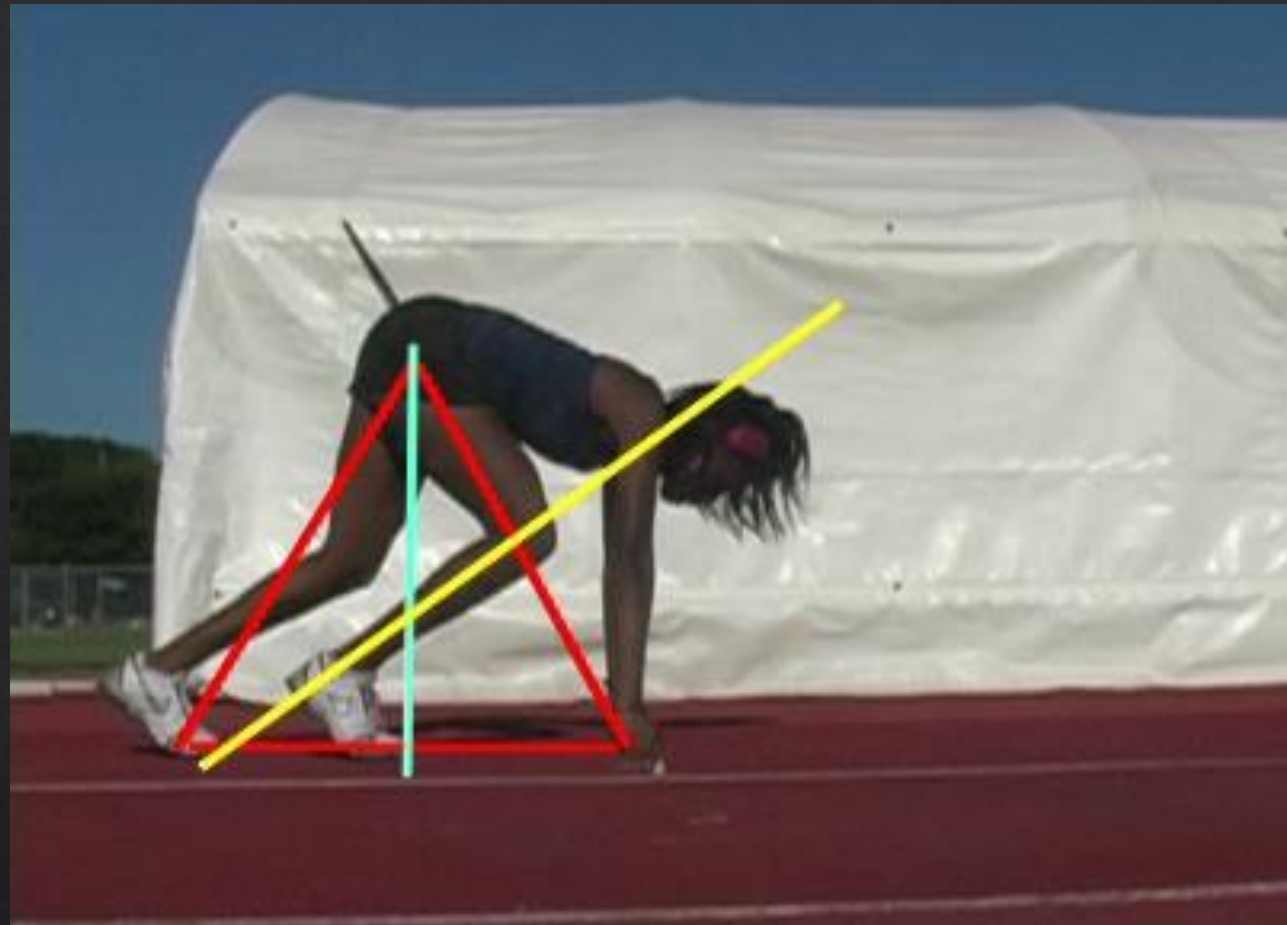




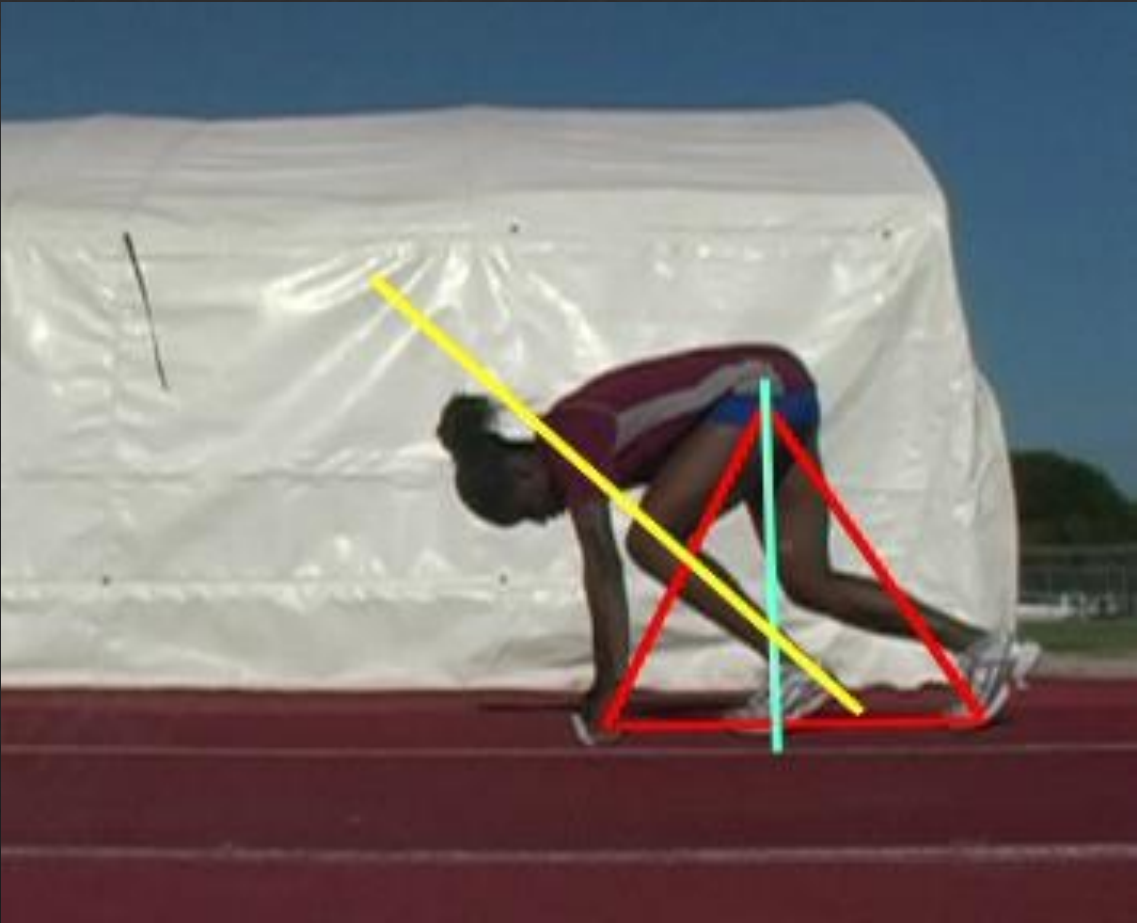


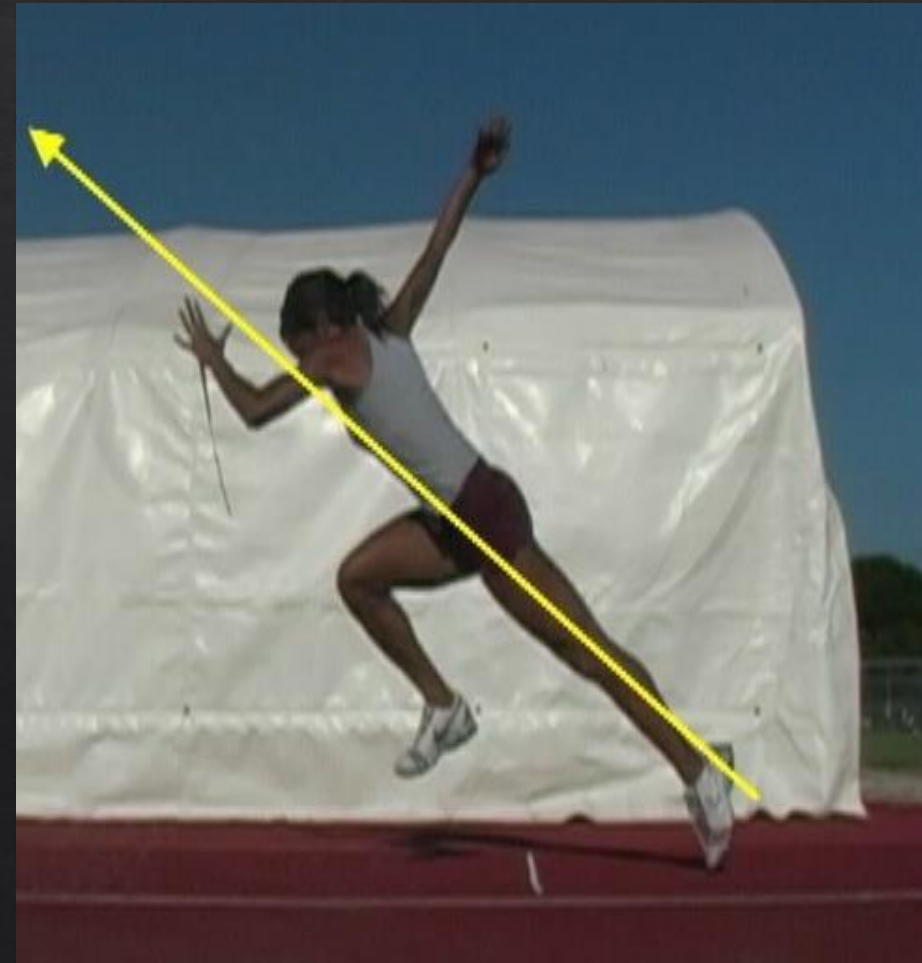
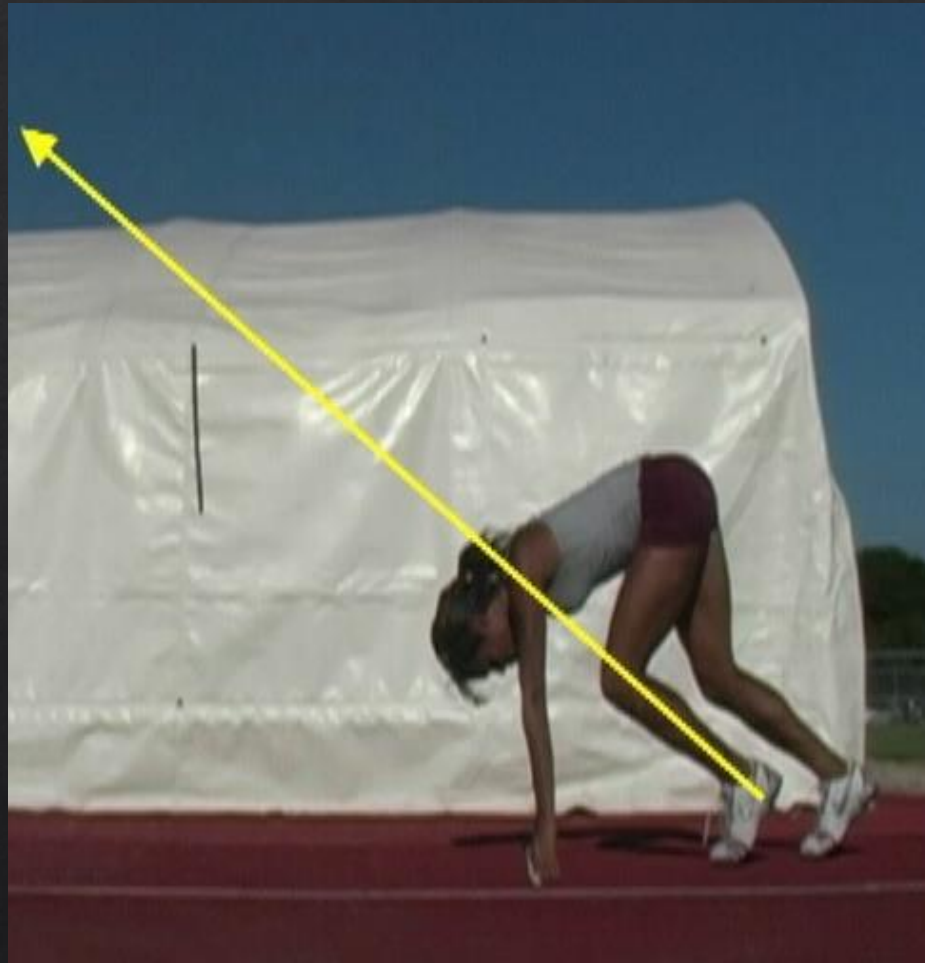




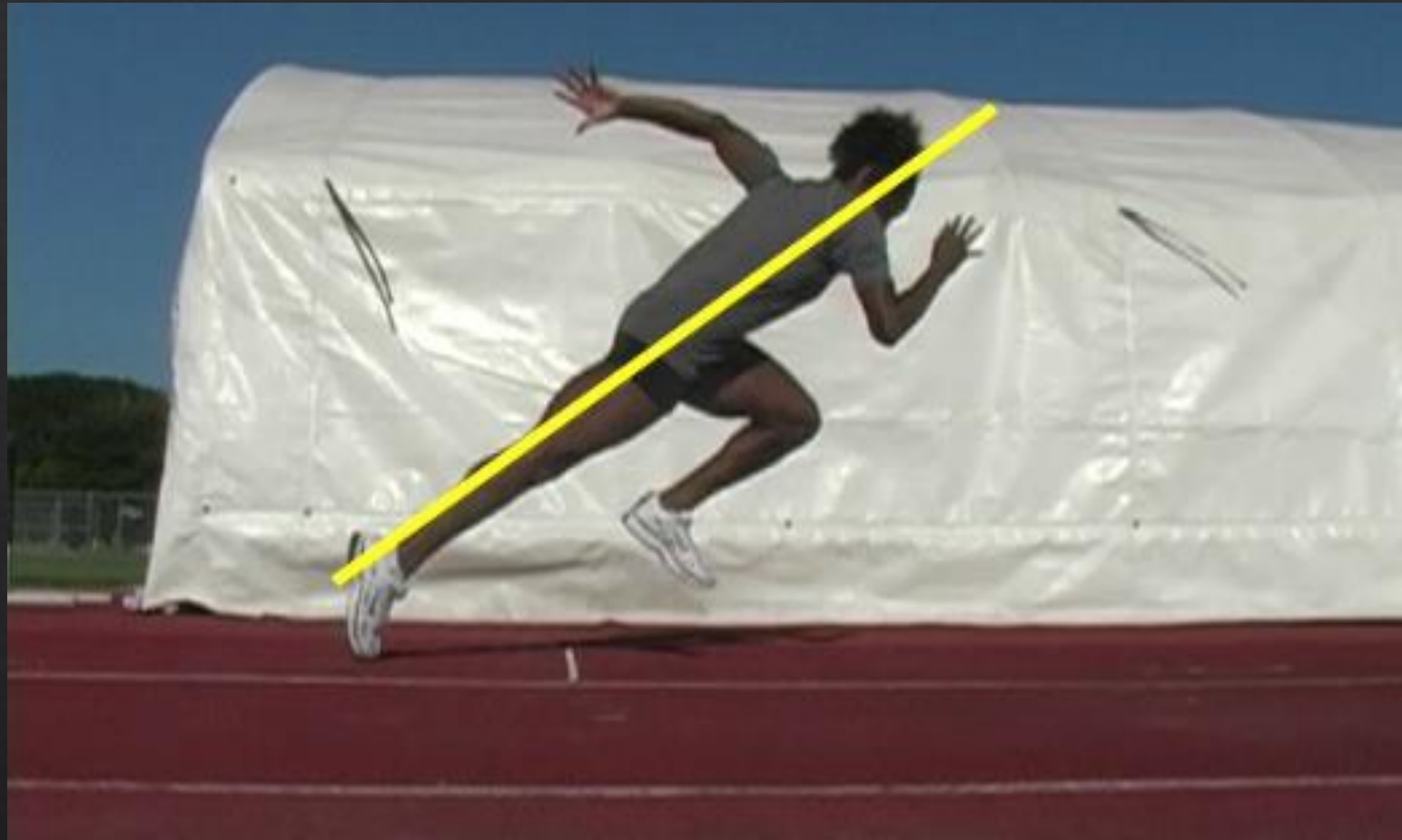






































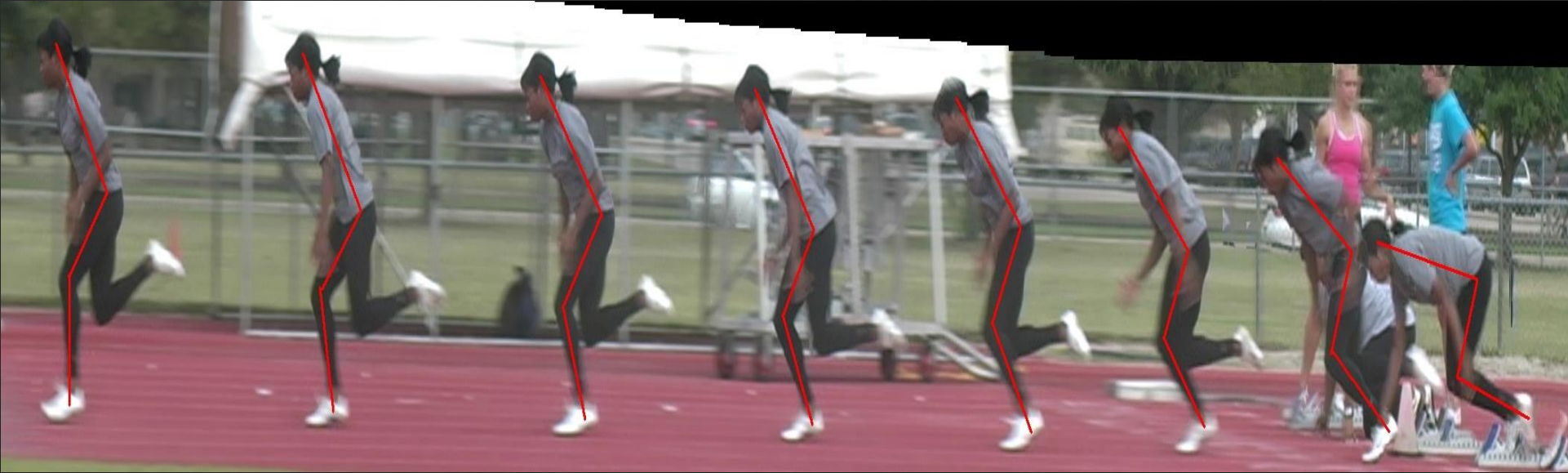












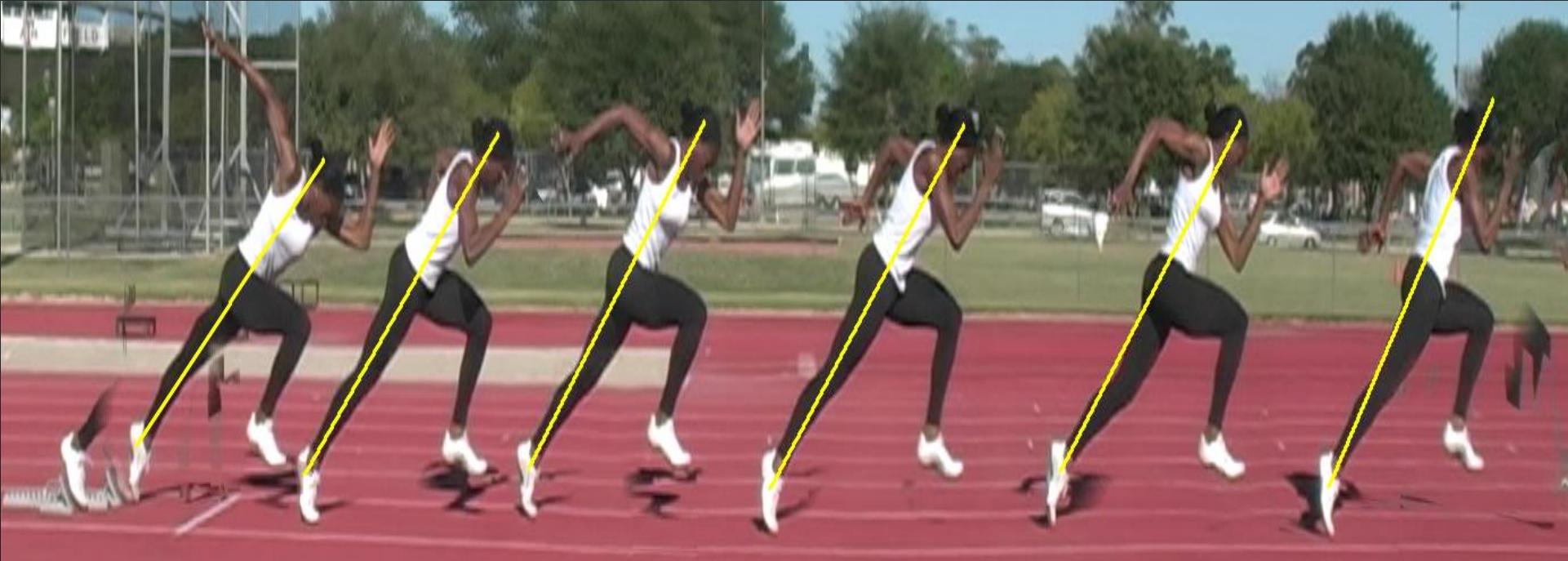




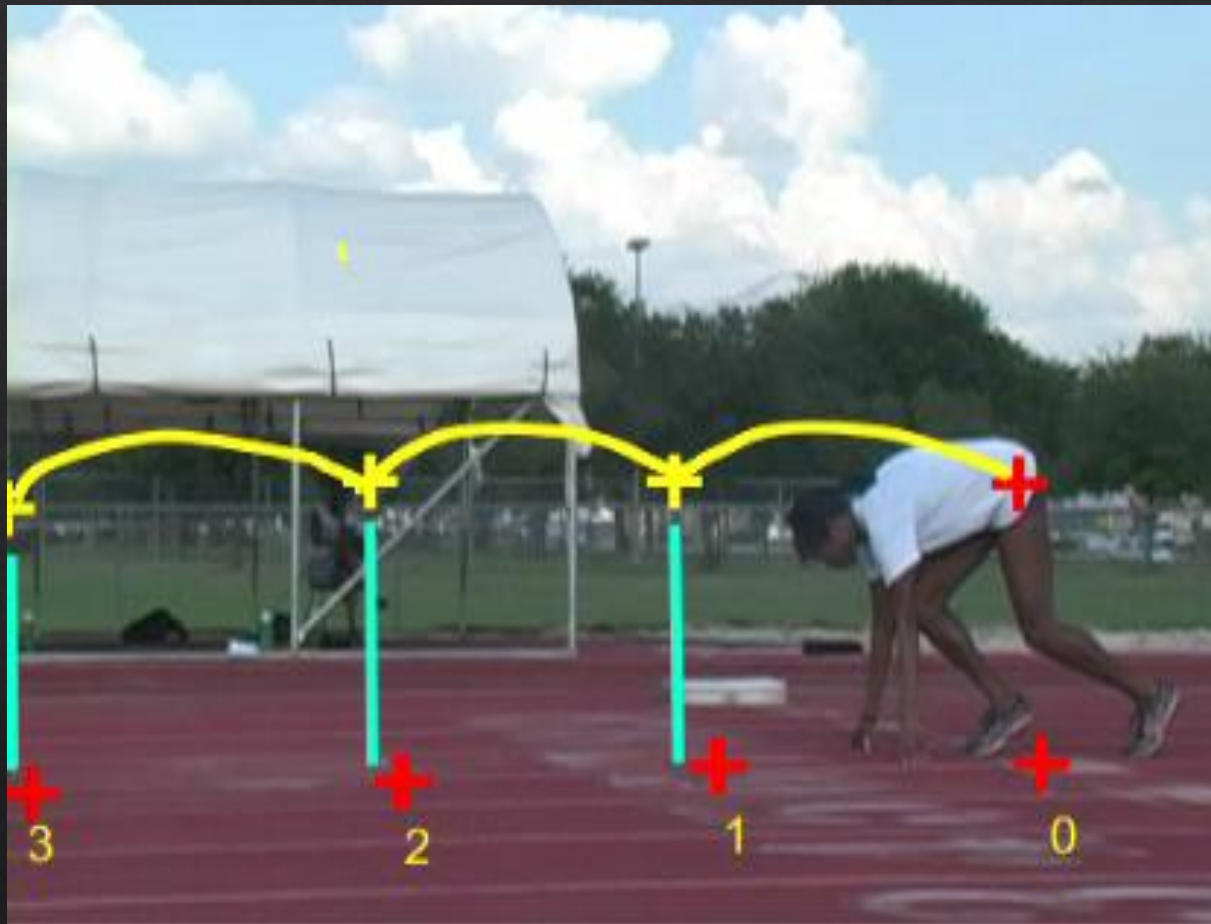






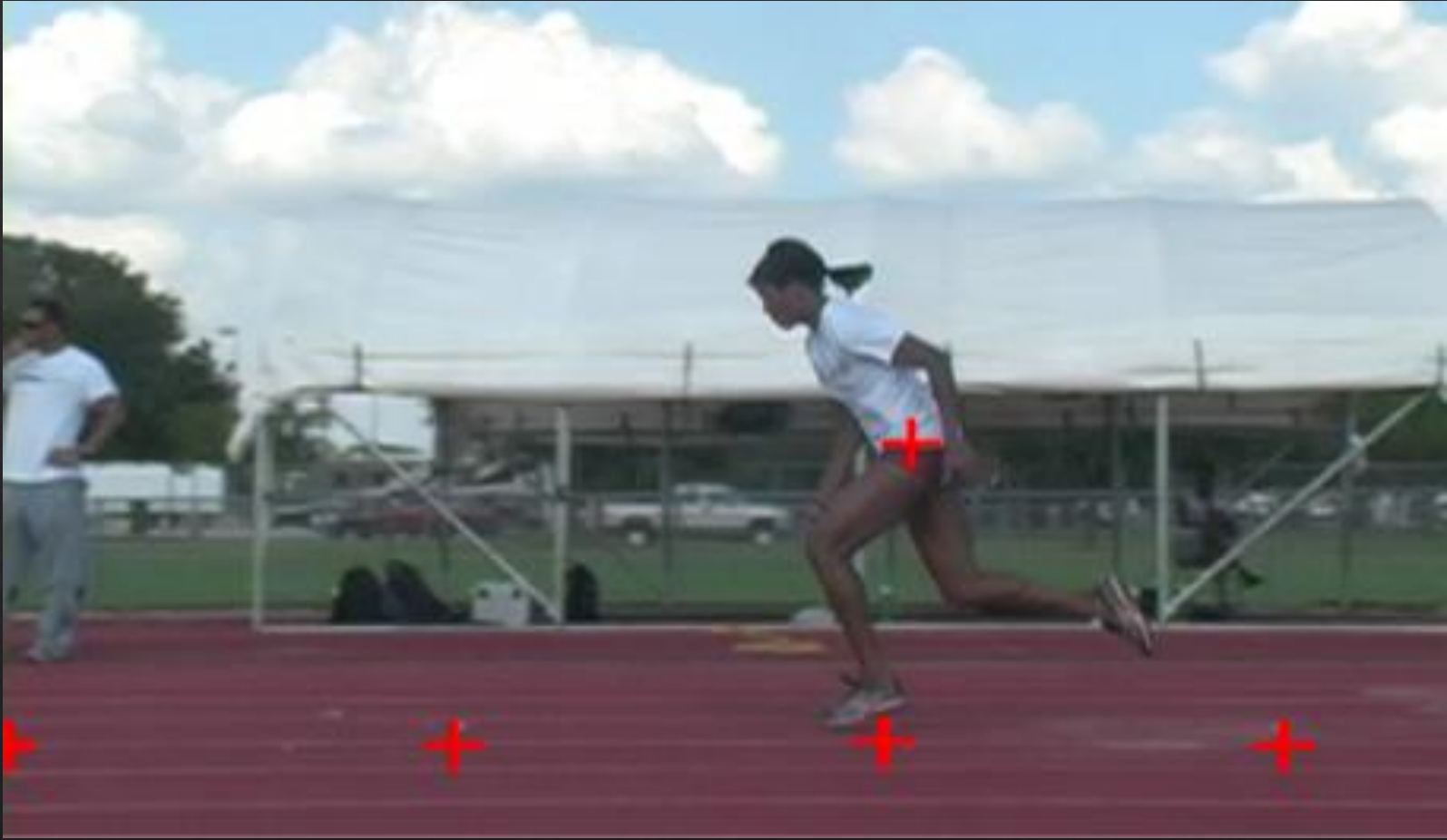














































DARTFISH →

HAVE A GREAT 2021 SEASON





