

# The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

## PPC TRAINING TIPS – Speed Development Cory Barsness, CSCS

When focusing on speed development you want to train with quality repetitions rather than focusing on the quantity of repetitions. Many athletes perform their sprints in a manner similar to their resistance training. The athlete will exercise until their muscles are completely fatigued and they feel like they had a good workout. Speed, agility, and quickness training are more associated with neuromuscular training, which means the relationship between your brain and muscles. The faster your neurons fire upon the muscle, the faster your muscle will fire. In order to achieve an optimal relationship between your mind and muscles, every repetition performed must be with total effort and efficiency. Once you realize you are training at a slower rate, then your muscles are in a fatigued state and training in this state is not optimal for speed development.

### Training Tip:

1. Warm Up
2. Record your time and Sprint 50, 35, or 20 yards (depending upon the demands of your sport) and rest 2 minutes, 90 seconds, or 1 minute, respectively.
3. Repeat drill until your time drops a full second.