



SPEED

*A free e-magazine for speed coaches available from
tonylett1@gmail.com UKA Level 4 speed,
strength and conditioning coach*

ISSUE 108 FEBRUARY 2016

Strength training

At the risk of repeating myself, but because of the accompanying attachments on strength training I reiterate the attention that should be paid to protecting the spine from injury. It is made up of 35 numbered discs, the top five prefixed C for collar, the middle T for thoracic and the lower, L for lumbar. They have a preformed curvature that does not take kindly to excessive forces being applied to deform it, therefore take special care when athletes are working out in the gym, eg.

- Bench press; if an athlete arches his/her back then try placing the feet flat on the end of the bench and pressing them down to force the back down and retain contact with the bench
- Dumbbell curl; place the feet fore and aft to raise the base point of the lift to waist level, reducing the risk of swaying backwards to achieve the lift.
- Lateral pull down; pulling the bar behind the head tends to cause the head to bend forward putting excessive stress on C5, therefore always bring the bar in front of the face.



Supine chest throw against a wall or to a partner and overhead throw to land between the legs

PLYOMETRICS

When I was a child I had a catapult, and to make it fire further there was the choice of fitting stronger rubber bands or pulling the sling further back to increase the elastic reaction when it was released, or for the ultimate result, a combination of both would make me 'top of the class' and raise my street cred. Surely this is what plyometrics is all about, plyo from the Greek *pleythyein*, meaning to increase, and metric of course is distance. Shawn Dassie, MS, CSCS, NASM-PES, USAW, wrote in a paper, '*plyometric exercise is a vital component in aiding an athlete's maximum speed and should be included in any conditioning programme for sprinters*' Plyometrics will benefit if supplemented with strength training.

We are now entering the phase of medium intensity, heading towards high intensity to reduce GCT, done in up to 3 sets of 8-10 reps. Eg medium intensity:

Standing LJ, alternate leg bounds, double leg hop, depth jumps, Russian twist with med ball throw, running dumbbells, high knee skipping

Medium to high intensity:- double leg tuck jumps, zig zag hopping, rocket jumps, running bounds, box jumps' med ball sit ups, single leg hopping along a line, ladder drills, low hurdle jumps, step jumps,