Boo Schexnayder

Speed & Plyometric Program Design

Speed Training

The Rationale for Speed Training Protocols

- Typical Athletes - the 40-70 Breakdown – and Exceptions
- Resulting Philosophies
  - Acceleration Development Training
  - Absolute Speed - Maximal Velocity Training
  - Speed Endurance Training

Other Run Training - Supportive Components

- We're Talking Speed
- These are "Something Else"
  - Extensive Tempo
  - Intensive Tempo
  - Special Endurance

Acceleration Development Training

- Constructs
  - Sprinting (10m-40m)
  - Resisted Runs (20m-50m)
- Volumes – (200-350 Meters)
- Rest Intervals – (What's Needed?)

Favorite Acceleration Workouts

- 4 x 10, 20, 30 from a Crouch Start
- 3-4 x 20, 30, 40 from a Crouch or 3 Point Start
- 10-12 x 30 Resisted using a Rollover Start
- 6-8 x 30 from Blocks
- 3 x 20, 25, 30 from Blocks

Speed Development Training

- The 3 Second Window
- Constructs
  - Sprinting (40m-80m) and Fly Work
  - Variable Speed Runs (80m-100m)
- Volumes (250-450 Total Meters)
- Rest Intervals – (What's Needed)

Favorite Speed Development Workouts

- Sprint Float Sprint
  - 4-6 Runs, 45/65/80
- Sprint Float Sprint
  - 3-5 Runs, 50/70/90
- Modified Sprint Ladders for Non-Sprint Types

Speed Endurance Training

- The Three Second Window
- "Getting" Specific Coordination
- Constructs
  - Sprinting (80m-120m)
  - Variable Speed Runs (100m-150m)
  - Repeat Sprint Ability (20m-50m, Short Rests, Multiple Sets)
- Volumes – (400-700 Total Meters)
- Rest Intervals – (What's Needed)
- Its Not for Everybody

Favorite Speed Endurance Workouts

- Sprint Float Sprint
  - 4-5 Runs, 70/90/110, rest 8-10 minutes
- Sprint Float Sprint
  - 3-4 Runs, 80/110/150, rest 8-10 minutes
- Repeat Sprint Ability
  - (5x30, 60 Second Rests) x 3-4

Assembling the Speed Program

- Sequencing Speed Training – Long Term Progressions
  - Phase 1. Acceleration Emphasis
  - Phase 2. Absolute Speed Emphasis (With Acceleration Review)
  - Phase 3. Speed Endurance Emphasis (With Acceleration Review)
- Sequencing Rationales
- Densities
- Individualization by Body Type

Categorizing Multijumps

Important Plyometric Categories

- Lower Leg Conditioning
- In Place Jumps
- Short Horizontal Bounds
- Vertical Bounds
- Box and Depth Jumps
- Hurdle Hops

Lower Leg Conditioning

Lower Leg Conditioning - Parameters

- Simple Jumps
- 20-30 Seconds Work
- Work to Rest Ratio 1:1 to 2:1
- 10-12 Total Sets
- Surface Variations, Scrambles and Barefoot Work Possible
- Maybe High-End Jumps for Low-End People

In Place Jumps

In Place Jump Training

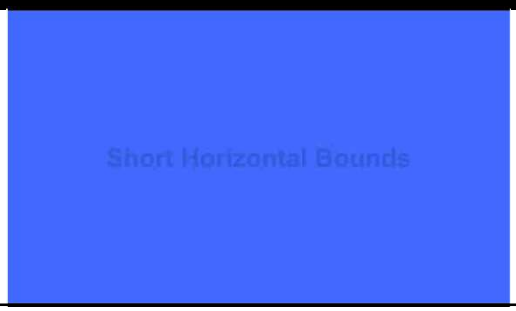
- Purposes
  - Fundamental Elastic Strength and Fitness
  - Building Multijump Volumes
    - Diversity

In Place Jump Training - Parameters

- Circuit Design
- 12-16 Total Sets
- 12-20 Second Workbouts
- Work to Rest Ratio 1:2
- Bad Weather Options

Venus	Mars
Line Hops	Tuck Jumps
Buttkick Jumps	Ski Jumps
180's	Single Leg Lateral Turns
Rocket Jumps	Straddle Jumps
Speed Skaters	Single Leg Medial Turns
Wideouts	Lane Hops
Squat Freeze Jumps	Single Leg Squat Jumps
Stepup Jumps	Lunge Jumps

Short Horizontal Bounds



Short Horizontal Bounds

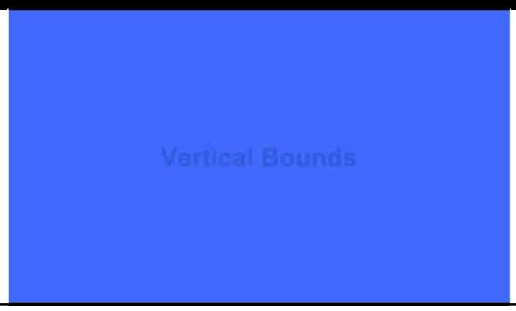
- Purposes
  - Elastic Strength Development
  - Horizontal Force Application Improvements
    - Acceleration Enhancement

Saturn	Uranus
Standing Long Jump	RRR
3 Double Leg Bounds	LLL
Standing Triple Jump	RRLL
Double-Double	LLRR
	RLRL
	LRLR

Short Horizontal Bounds - Parameters

- Remedial or Intermediate Circuits
- Limit to 5 Takeoffs
- Protocols
  - 4-6 Different Exercises
  - 30-60 Total Takeoffs

Vertical Bounds



Vertical Bounds

- Purposes
  - Elastic Strength Development
  - Improving Vertical Force Application Qualities
  - Also
    - Improves Lateral Movement and Directional Change
    - Improves Rotational Components
    - Features Hip Dominant Movement

Pluto

LLL…
RRR…
LLRR…
Medial Hops (L-R)
Lateral Hops (L-R)

Vertical Bounds - Parameters

- Done Conservatively/Submaximally
- 1-2 Repetitions of 6-8 Exercises
- 8-10 Meters Per Repetition
- Forward, Lateral, Possibly Backwards
- Double Leg Remediation Possible

Hurdle Hops

Hurdle Hops

- Purposes
  - Elastic Strength Development
  - Vertical Force Application
  - Applying Unique Contact Times
  - Safety Factor - The Governor Effect

Hurdle Hop Exercises

Hurdle Hops
Step-Hops
Static-Elastic Hops
Elastic-Static hops

Hurdle Hops - Parameters

- Work Over 4-6 Hurdles
- 30 - 60 Total Contacts
- Hurdle Height and Technical Problems

Depth Jumps

Depth Jump Work

- Purposes
  - High End Elastic Strength Development

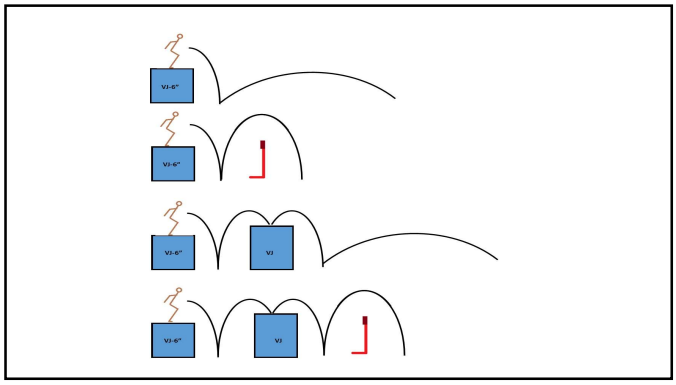
Depth Jump Work

- Concerns
  - Keep It Simple
  - Individualize Box Heights
  - Single Leg Usage

Jupiter	Ancillary Depth Jumps
Box-SLJ	Box Rebounds
Box-Hurdle	Lateral Box Rebounds
Box-Box-SLJ	Twisting Box Rebounds
Box-Box-Hurdle	Single Leg Box Rebounds

Depth Jump Work - Parameters

- 3-5 Repetitions of 4-6 Exercises
- Up to 40 Contacts Per Session, < 15 Contacts of High-End Work
- Box Height
  - Vertical Jumps Relationships
  - Periodization and Progression
- Box Jumps as an Introduction



Program Design

Key Principles

- Keep it Purposeful – Avoid Fallback Workouts
- Maintaining Power Output
- Volume and Intensity Relationships
- Elasticity - Frontloading Mesocycles and Microcycles
- Horizontal/Vertical Balance

Sequencing Guidelines

- Specific Progression Phases
  - Phase 1. - In Place Jumps, Short Horizontal Bounds, Vertical Bounds
  - Phase 2 - Depth Jumps, Review Short and Vertical Bounds
  - Phase 3 - Hurdle Hops, Review Short and Vertical Bounds

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