

Remember These Training Principles

by Coach Larry

- Never Train Tired - Full Rest between Sets
- You Must Train Fast to Run Fast
- Muscle Memory Creates Neural Pathways
- Neurons That Fire Together, Wire Together
- Downward Force Creates Speed
- Drills Must Mimic Event Motion
- Practice Does Not Make Perfect. Only PERFECT PRACTICE Makes Perfect
- Effectiveness & Efficiency are the Greatest Factors for Speed and Power
- Proper Technique is Key to Effectiveness
- Relaxation is Key to Efficiency
- The Right Fuel is the Right Food
- Muscles Don't Improve During Practice, They Improve AFTER Practice
- Sleep is the Best Source of Human Growth Hormone - It's Free & Legal
- Speed + Strength = Power
- The Proper Expression: "No Strain, No Gain" (Pain is Never Good)
- Athletes Must Be Comfortable at Being Uncomfortable
- The Mind Will Quit Before the Body