

UNDERSTANDING SPEED

Speed is the Result of Net Forces Acting on the Ground

Too many coaches are coaching the speed right out of their athletes. Some believe that it is stride frequency and others believe that it is stride length that causes speed.

The answer is neither. They are both measurements of speed but not the cause of speed. Speed is the result of net forces acting on the ground.

It is how fast the body is moving over the ground that matters. Apply more force and you will have an increase in stride length and stride frequency.

Speed is all about covering distance in the shortest amount of time. Everything you do in your training plan must reflect a training element to increase speed and strength (power).