



ADAM LARCOM

Australian Athletic Track Coach

“Linear Speed Development”

SUMMARY

- ◆ **Linear Speed Development - Mechanics Vital –**
 - ◆ Focus on improving SF by improving RFD and GRF therefore improving flight time
 - ◆ Focus on improving ACTIVE hip extension
 - ◆ Arm drive – shoulder extension also important
 - ◆ Continuous linear progression of hip height is key
 - ◆ Each step progressively longer and faster
 - ◆ Control & Strength both required
 - ◆ Bilateral Symmetry

💧 Programming

- 💧 6-8 weeks
- 💧 2wks on/1wk low volume
- 💧 2 speed/wk
- 💧 2 strength/wk
- 💧 1-2 x tempo or technical/wk
- 💧 Technical focus – Improves acceleration most.
- 💧 Teach bounding / hills
- 💧 BEWARE of Neural Fatigue
- 💧 Squatting improves 0-10m

💧 Programming Ideas

- 💧 Speed - 4x60m@95%, 20/20/20, 3-4 x 20m@95%.
- 💧 Sled - 5x30-40m (5-10kg),
- 💧 Hill - 6deg incline 4x40m
- 💧 Strength – Clean, Squat, Step Ups, Rear kick.
- 💧 Starts – Technical - 4x40m, 5x20m/ Strength

💧 Durability & Maintenance - important throughout season

💧 6x40m@90%- Spikes (Etihad)

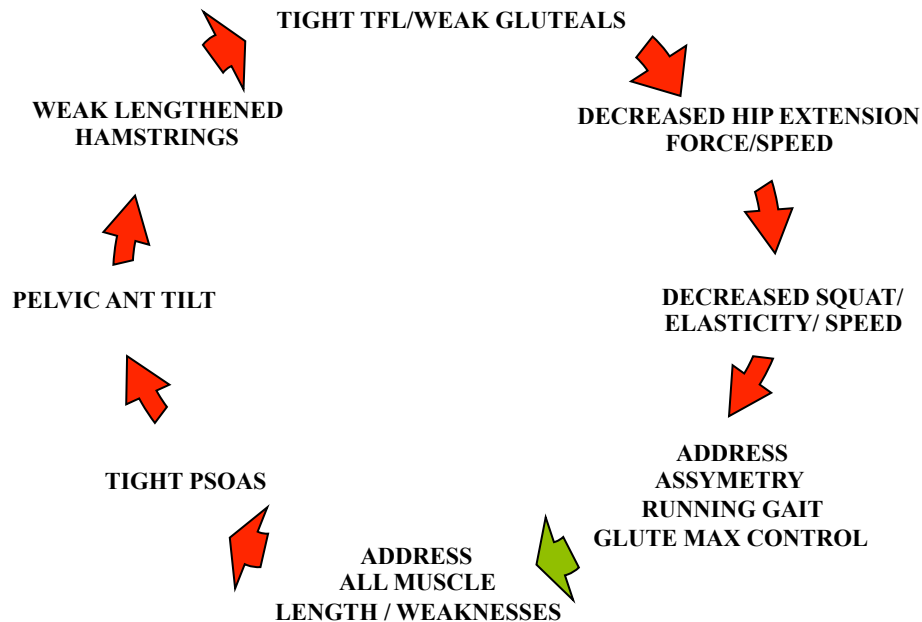
💧 Squat

💧 Improve/Maintain Mobility

💧 Physiotherapy review

💧 Technical review

INCREASE RFD



INJURY PREVENTION

