

**BIGGER  
FASTER  
STRONGER**

# SPEED TRAINING

**YOUR  
TOTAL  
PROGRAM**

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## OUR GUARANTEE:

*Follow These Guidelines and Principles and EVERY Athlete can Improve Speed Dramatically!!*

## TEN ABSOLUTE ESSENTIALS FOR SPEED IMPROVEMENT

1. Sprint train 2x per week minimum.
2. Sprint 10 to 100 yard distances.
3. Get timed twice per month: Record and chart all times.
4. Sprint all year round: In areas with bad weather, run 20's for time. A 3.0 twenty is about the same as a 5.0 forty.
5. Use video analysis of each athlete. Extremely valuable!
6. Flexibility training 6x per week. Must be done correctly to improve speed.
7. Plyometrics 2x per week minimum.
8. Parallel Squat: If you squat but don't go parallel, YOU WILL NOT IMPROVE SPEED maximally. Parallels must be done, period!
9. Straight Leg Dead Lift: This is a secret which very few people know about. This builds and stretches the glutes and hamstrings at the same time. Critical to speed improvement. Use 40% of parallel squat max. 2 to 3 x 10 reps.
10. Teach the BFS 8 Point Sprint Technique System.

## BFS 8 POINT SPRINT TECHNIQUE SYSTEM

- Upper
1. HEAD – head should be upright.
  2. EYES – eyes should be fixed looking straight ahead.
- Torso
3. BACK – back should be upright and slightly arched.
  4. SHOULDERS – shoulders should rotate vigorously with elbows fixed in a 90° angle.
  5. WRIST – wrist should simulate a whip action as the shoulder rotates back.
- Lower
6. LEGS – the initial leg action is to lift forward not up. The lower leg should hang before planting.
  7. FEET – feet should make the initial plant directly under the hips and not out in front of the body.
  8. KNEES – on the follow-thru or end of the leg drive the knee should fully extend.

To practice this sprint system, concentrate on one area of the body for each sprint (upper, torso, or lower). On the last sprint of each set combine the eight points to achieve a full speed sprint. Time and record the last sprint of each set in your log book. Try to break this record each week. Practice this system two to three times a week when the body is FRESH.

## VALUABLE SPEED TEACHING AIDS

BFS SPRINT VIDEO

See pages 12 & 13.

UPPER LIMIT SPEED POSTER

See page 95.

BFS FLEXIBILITY VIDEO

SPRINT-PLYOMETRIC CLINICS

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