

**BIGGER
FASTER
STRONGER**

SPEED & PLYOS

**THE
TOTAL
PACKAGE**

By Dr. Greg Shepard

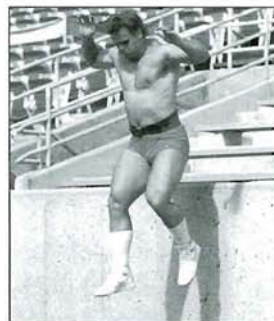
Carl Lewis: ran 9.92 at the Seoul Olympics for a new American record for 100 meters. The Gold Medal was awarded to Lewis after Ben Johnson tested positive for Steroids. Lewis stated that he ran as fast as he could. Not true—Lewis made four critical errors and probably could have run 9.87. He turned his head three times to look at Johnson—that's three errors. When you turn your head, you can't relax and be as fluid. The fourth error was to let up two to three yards before the finish line. Many youngsters are looking for Steroids to get faster. Follow the program below and you won't need Steroids.

TEN GUARANTEED WAYS TO IMPROVE SPEED

1. Sprint train twice per week, minimum.
2. Do ten 100-yard sprints.
3. Get timed twice per month: Record and chart all times.
4. Sprint all-year round: In areas with bad weather, run the twenty-yard dash 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 six times per week. Must be done correctly to improve speed.
7. Plyometrics twice 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 that very few people know about. This builds and stretches the glutes and hamstrings at the same time, critical to speed improvement. Use 40 percent of Parallel Squat max. Two or three sets of 10 reps.
10. Teach the BFS 8-Point Sprint Technique System.

BFS Sprint Technique System

1. **HEAD** — head should be **upright**.
2. **EYES** — eyes should be fixed looking **straight** ahead.
3. **BACK** — back should be upright and slightly **arched**.
4. **SHOULDERS** — shoulders should **rotate** vigorously with elbows fixed in a 90 degree angle.
5. **WRISTS** — wrists should simulate a **whip** action as the shoulders rotate back.
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 through, or end of the leg drive, the knees should fully **extend**.



Stefan Shown Depth Jumping

BOX JUMPS: A perfect Plyometric set up would be a course consisting of three to five 30-inch boxes placed about three feet apart in a row. Another box 30- to 40-inches tall would be placed at the end of the row of boxes. The object is to jump as fast as possible from box to box. The last box requires an powerfully explosive contraction. The athlete should go through this course about ten times. Plyometric drills should be done twice per week. Heavy-set or weaker athletes may not be able to jump up on the last box. That's okay. The shorter boxes will still stimulate plenty of improvement in explosive power. Going through this course is the best form of Plyometrics.

DEPTH JUMPING: When starting go only about six inches above your vertical jump. Never start everyone out at four feet, for example. If your VJ is only 10 inches, then the recommended depth jumping beginning height would be 16 inches. Always step off the box. Never jump off, as this increases the possibility of injury. After going through the Box Jump course, five depth jumps may be performed. There are many Plyometric drills that can be done. For more information, see the box below.

SPEED & PLYOMETRIC COACHING AIDS

BFS Speed & Plyo Videos • See Page 8
Upper-Limit Posters • See page 95
Special BFS Clinics • See pages 20-21