

THE SPEED CHUTE:



The Speed-Chute is far more effective and versatile at improving technique, speed-acceleration, and speed endurance than old methods of weighted belts, harness and sled pulls, and uphill running.

By Dr. Ben Tabachnik

To increase speed it is necessary to carry out a variety of specific exercises near to the competitive pace. The goal is to intensify the training process physically, as well as metabolically and neurologically. This type of conditioning is oftentimes monotonous, and training at maximal speeds causes a stabilization or adaptation to the technical characters of speed development. It then becomes difficult to improve speed because the athlete reaches a "speed hurdle" or plateau, and further improvement becomes difficult or impossible.

For an improvement in speed to occur, the athlete must use specific speed development exercises. But, it is these same exercises which lead to the speed hurdle or plateau. In order to reduce the possibility of hitting these obstacles, various exercises must be employed which do not give the body a chance to adapt, rather they enhance the body's ability to break through a plateau.

In the speed development for sprinters and middle distance runners, football players, jumpers, basketball players, etc., the variative methods of training using resisted condition together with a normal condition are widely used. A resistance condition (uphill running, weight belts and ankle weights, running in sand and snow, harness pulls, towing a sled or surgical tubing, running against the wind) are often used to improve the special strength necessary to increase the training effort and the action of muscles. This is accomplished because heavy means recruit more muscle and nervous system fibers, which then transfer their effect to the competitive exercise. These methods each have their shortcomings, especially in regards to the negative effect on technique.

Because of my past position as head of the Soviet scientific research group for speed development, I conducted many experiments using the variative methods of training. From this research we discovered the positive effects and shortcomings of each resisted hard, normal, and light assisted exercise. In 1988 we began secretly experimenting with a new variative training device that we have named the "Speed-Chute". We assembled a number of our best sprinters and jumpers to test the Speed-Chute at a secluded stadium outside of Moscow. Privately, I researched the biomechanics of this device with the help of a number of experts from the Soviet Military and Space Institute. Test results proved that the Speed-Chute was superior to all other devices designed to improve maximal speed, start acceleration, and speed-endurance. The results from actual training conditions confirmed this. Times in the 100m were reduced by .20-.40 seconds, and in the 200m by .8-1.10 seconds. These reductions in time were for advanced athletes, not beginners, which illustrates the

STEFAN SAYS:

"The Speed Chute Is A Good Idea! The Elite Sprinters I Know All Use Resistance when Sprinting. The Speed Chute Can Accommodate Curves, Uphill Sprinting, Jumping Events and Plyo Drills. Yes, It's A Good Idea!"

A STUNNING ADVANCE!

significance of the Speed-Chute.

The Speed-Chute functions as follows: As the athlete runs, it inflates which creates a drag effect. The faster the athlete runs, the greater the drag. Because the Speed-Chute provides consistent resistance, it is superior to any other variative training exercise. It is made in three sizes for varied resistance effect: a small size with approximately 9lbs, a medium size with 13lbs, and a large size with 22lbs of resistance. Depending on the goals of training such as power, speed-endurance, and speed, one or a combination of Speed-Chutes can be used. Scientific studies have shown it is important to vary the sizes and combinations of Speed-Chutes in training, for maximal effect. There are six major combinations you can use for increasing power, speed-endurance, and speed as follows:

<u>SIZE</u>	<u>RESISTANCE</u>	<u>TRAINING GOAL</u>
1. Two Medium	26lbs	Power/Start Acceleration
2. One Large	22lbs	Power/Start Acceleration
3. Two Small	18lbs	Power/Speed Endurance Start Acceleration
4. One Medium	13lbs	Speed Endurance Start Acceleration
5. One Small	9lbs	Speed/Technique
6. Medium or Small with release		Speed/Technique

The combination of Speed-Chutes will depend on the period of the yearly training cycle. In one training session, the difference in resistance used should not be great. If you are training for power, you should confine your means to numbers 1-3 above, if you begin to work on speed-endurance you can use #3 and 4, and for speed and technique you should limit your use to #4-6.

There are several advantages to using the Speed-Chute in training: 1) Unlike ordinary methods of resistance training which can interfere with proper technique, the Speed-Chute actually enhances technique. 2) It can be used not only in straight running, but when running curves, changing direction (football, basketball and soccer), over hurdles, and backwards. 3) It is the first and only device which can be released during the sprint as a variative method for even greater improvements in stride frequency and speed. 4) Unlike bulky equipment, the Speed-Chute weighs just a few ounces, and can be carried in a gear bag pocket. 5) Athletes enjoy using the Speed-Chute because of its stimulating and tonic effect compared to ordinary training conditions which can cause monotony and lead to slow gains and eventual plateaus. Because of its exciting shape and colors, the Speed-Chute also improves the emotional state of the athlete.

Dr. Tabachnik did not present the Speed-Chute to Soviet Sport officials before he left a year ago.

**NOW, WE CAN TAKE
ADVANTAGE!
WE CAN GET THE EDGE!
AMAZINGLY
INEXPENSIVE!**

**CALL US AT BFS
1-800-628-9737**

FANTASTIC NEW BOOK!

**By Rick Brunner and Dr. Ben Tabachnik
SOVIET TRAINING AND
RECOVERY METHODS**

Cost: \$25.00 *plus 2.50
postage & Handling*

"This Exciting New Book Has a Wealth of Information. Dr. Tabachnik Gives an Unrestricted and Fascinating View of Advanced Training Methods Utilized by the Soviets and East Germans."

Call BFS at:

1-800-628-9737