

Sprint Chute™

TRAINING GUIDELINES

BY DR. GREG SHEPARD

Dr. Ben Tabachnik, the Soviet Sprint Coach in the 1980's, defected from his country just before the breakup of the Soviet Union. Because of his vast knowledge of speed training, I asked him to come to Salt Lake City as my guest. He stayed in my home for a week. The knowledge Dr. Tabachnik had accumulated was staggering. He had his doctorate in sprinting from the University of Moscow and as the Soviet Sprint Coach, Dr. Tabachnik had 34 Ph.D.'s under his command. Their sole purpose was to develop speed.

One of the most significant discoveries from all that brainpower and research was the development of sprinting with a parachute. When Dr. Tabachnik left the USSR in the winter of 1989, he had not yet presented his finding to the Soviet sports officials. As a result, Americans were the first to use the parachute system as a means to improve speed.

Dr. Tabachnik stated, "Greg, all of my 100 and 200 meter sprinters improved their times significantly using the parachute." They gave him mediocre sprinters and soon they were beating the "better" sprinters. Dr. Tabachnik believes training with a parachute is far superior to pulling a sled, using weighted belts, pulling a harness or running uphill. "Running with a parachute does not interfere with



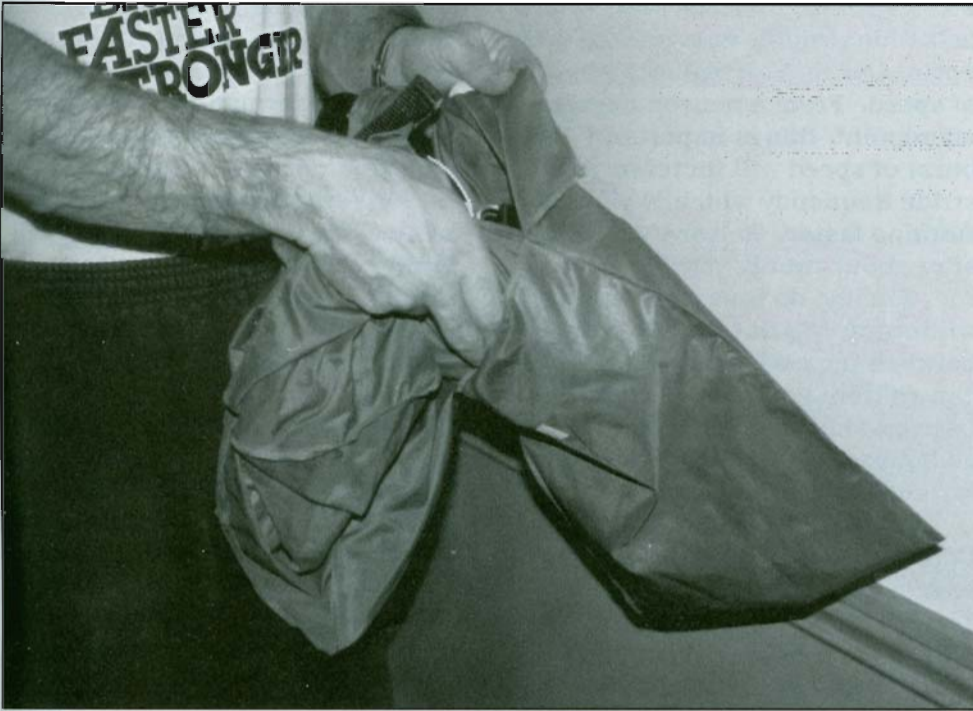
The Giant New BFS Sprint Chute Is Designed for Shorter Sprints

the athlete's technique. Those other methods are not good because you cannot sprint with the right form. This is especially true of a good sprinter," affirmed Dr. Tabachnik.

Your Sprint Chute creates an overload principle similar to weight training. As you train, the faster you can move a given weight, the more reps you can do or the more weight you can do. Your Sprint Chute has been designed for **POWER**. It is bigger and heavier than other parachutes and completely adjustable. Therefore, it will help athletes desiring improvement in very short distances like the

40-yard dash. The adjustable device on the connecting cords can control your resistance. If you want more resistance, simply move the adjusting device away from your Sprint Chute. It was not designed to train at jogging speeds or even at 400-800 meter speeds. It also has a velcro belt which can easily be released while sprinting to give a great burst of speed to make even greater gains in stride frequency thus creating more speed.

In Dr. Tabachnik's book, *Soviet Training and Recovery Methods*, he states, "To increase speed it is necessary to carry out a variety of spe-



The New BFS Sprint Chute Comes Complete With A Convenient Storage Pouch

cific 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."

The parachute training device is the most superior way to overcome these plateaus and the **SPRINT CHUTE** is the most superior way to improve 40-yard speed or short distance speed.

USING YOUR SPRINT CHUTE

Athletes should train for speed two to three times per week during the off-season and twice per week while in-season. For those of you doing the BFS program, you would do both speed and plyometric workouts on Tuesday and Thursday at school during the off-season. A workout on Saturday is optional. You may use your Sprint Chute for each training session.

WARMING-UP: The best way to warm-up is to do the BFS Dot Drill. This will get your blood temperature elevated and help you to break out into a slight sweat which is impor-

tant in preventing injuries. We don't want a pulled hamstring, for example. If you don't know the BFS Dot Drill, you may jog a lap or two or do some light calisthenics such as "jumping jacks." However, do not stretch first. You never want to stretch a cold muscle.

STRETCHING-FLEXIBILITY:

After you have warmed-up, you should do stretching exercises. We recommend the BFS 1- 2- 3- 4 Flexibility Program. It is designed for **SPEED AND JUMPING POWER**. If you have your own stretching program, make sure you do not bounce but always stretch in a slow and controlled manner. Stretching the hamstrings and hip flexors should be a top priority. It is also beneficial and desirable to stretch after your sprinting workout as this will aid in recovery and overcoming any possible muscle soreness.

SPEED TRAINING:

In general, speed training should be divided into three parts. **First**, you should work on the technique of your start. If you are a non-sprinter, you should perfect a sprinters starting stance or use the BFS modified track stance which is easy to learn and extremely effective. You do not need to use your Sprint Chute for your starts. **Second**, you should work on sprinting with perfect form. The Sprint Chute can be of great benefit during this phase because it will not interfere with your form. In fact, you should find that you'll be more able to concentrate and correct your form with the Sprint Chute. You should use the BFS

The Sprint Chute is the only method designed to help improve stride length, frequency and running technique at the same time!



8- Point Sprint Technique System. **Third**, sprint all-out using the Sprint Chute.

USING YOUR SPRINT CHUTE:

A maximum workout would be ten all out sprints between 10 and 60 yards. Use the Sprint Chute for the first three sprints by going about 3/4 speed for ten yards until the chute opens and then sprinting all out between 40 and 60 yards. It is best to run against the wind and start from a standing stance. Also, you want to rest three minutes between sprints. Do not sit or lay down between sprints but stay loose and think about your technique. Each sprint should be of the highest quality. **Important concept:** Your sprint chute has been specifically designed to maximize your speed improvement!

Next, do three more sprints in the same manner, except this time,

while sprinting release your velcro belt which will in turn release your Sprint Chute. You will feel a burst of speed. From a neuromuscular standpoint, this is important! This burst of speed will increase your stride frequency which is vital in running faster. Release your chute after about twenty yards.

Finally, do four more sprints without the Sprint Chute. Sprint between ten and forty yards. You can go from your sprint stance or from a stand. You may also opt to go 3/4 speed for 10 yards before hitting your full speed stride.

OTHER APPLICATIONS:

Defensive football players may wish to develop backward running skills. You can do plyometric bounding drills as well as long jumping, triple jumping and sprinting drills with a pole vault. Use your imagination, be creative, and have fun.

HELPFUL HINTS: Remember, by using variations to your workouts, you can jolt your body to increased levels of performance. The above workout is a starting point. After you experience our suggested workout for several weeks, you should make some changes. This can be done by changing the number of sprints, the distance, the kind of sprint or the rest periods between sprints. You can also vary your workout by manipulating the adjusting device closer or further away from your Sprint Chute.

CARE OF YOUR SPRINT CHUTE: After your workout, you should replace your Sprint Chute in your storage pouch. Sometimes the four lines can get tangled if you are careless. Always straighten the lines, tie them in a loose half knot and then wrap the lines around your chute before putting it into your pouch.....□

TEN GUARANTEED WAYS TO IMPROVE SPEED

1. Sprint train twice per week, minimum.
2. Do ten 10-60 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. Do flexibility training six times per week. Must be done correctly to improve speed.
7. Do plyometrics twice per week, minimum.
8. Parallel Squat: If you Squat, but don't go parallel, **YOU WILL NOT IMPROVE SPEED** maximally. Parallel Squats 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. This is critical to speed improvement. Use 40% of your Parallel Squat max. Do two to three sets of 10 reps.
10. Use the **BFS 8-Point Sprint Technique System**.

THE BFS 8 POINT SPRINT TECHNIQUE SYSTEM

1. **HEAD** - - your head should be upright and should not move from side to side. The chin should never be down.
2. **EYES** - - eyes should be fixed, looking straight ahead.
3. **TOES** - - toes should be pointed straight ahead.
4. **BACK** - - back should be upright and lower back slightly arched in a concave position.
5. **SHOULDERS** - - shoulders should rotate vigorously with elbows fixed at about a 90 degree angle.
6. **WRISTS** - - wrists should simulate a whip like action as the shoulders rotate back. Translation: keep your wrists loose.
7. **FEET** - - feet should make the initial plant directly under the hips and not out in front of your body.
8. **LEGS & KNEES** - - the initial leg action is to lift forward, not up. The lower leg should hang before planting. The knees should fully extend on the follow through, or at the end of the leg drive.

NEW FROM BFS

The Sprint Chute

The Only Chute System Designed for Short Sprints Like The 40-Yard Dash.

**Special Introductory
Price Only \$69**



- **The Giant Sprint Chute Creates More Resistance**
 - **Ideal For Shorter Sprints**
- **Comes With Convenient Storage Pouch**
- **Complete Instruction Guide Included**
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Any Ten Sprint Chutes \$599

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