

Boo Schexnayder

Speed Development for the Jumping Events

A Philosophy of Speed Development

- Corequisites
 - Strength Training
 - Mobility and Flexibility Training
 - Restorative Training

A Philosophy of Speed Development

- Killing the Sacred Cow
- Planned Balance in Training
- Prioritizing Speed Development
- Patience and Progression
- Absence of Shortcuts and Avoiding Gimmicks
- Absence of Preconceived Notions

A Philosophy of Speed Development

- Speed, Talent and the Nervous System
- Training the Nervous System
 - Quality of Work
 - Long Rests
 - Low Volumes
- Percentage of Neural Work
- Compatible Components

A Philosophy of Speed Development

- The Dangers of Endurance Training
- Lactic Acid: Friend and Foe
- Practical Guidelines

Designing the Speed Program

- Run Training Components
 - Speed Components
 - Acceleration Development
 - Speed Development
 - Speed Endurance
 - Endurance / Supportive Components
 - Extensive Tempo
 - Intensive Tempo
- Cyclic Training and Timeframes

Training Components

- Acceleration Development Training
 - Sprinting (10m-40m)
 - Resisted Runs (20m-50m)
 - Volumes
 - Rest Intervals

Favorite Workouts

- 4x10, 4x20, 4x30 from a crouch start
- 4x20, 4x30, 4x40 from a crouch start
- 12x30 resisted (tires) using a rollover start
- 9x30 from blocks
- 3x20,25,30 from blocks

Training Components

- Speed Development Training
 - The 3 Second Window
 - Sprinting (40m-80m)
 - Variable Speed Runs (70m-100m)
 - Volumes
 - Rest Intervals

Favorite Workouts

- Sprint Float Sprint
 - 4-6 Runs, 45/65/80
- Sprint Float Sprint
 - 3-5 Runs, 50/70/90

Training Components

- Speed Endurance Training
 - Sprinting (80m-120m)
 - Variable Speed Runs (100m-150m)
 - Volumes
 - Rest Intervals

Favorite Workouts

- Sprint Float Sprint
 - 4-5 Runs, 70/90/110, rest 6-8 minutes
- Sprint Float Sprint
 - 3-4 Runs, 80/110/150, rest 6-8 minutes
- Ladders (400 only)
 - 450, 350, 250, rest 12-20 minutes
 - 350, 300, 200, rest 12-20 minutes

Assembling the Speed Program

- Sequencing Speed Training
 - 1. Acceleration Emphasis
 - 2. Absolute Speed Emphasis
 - 3. Speed Endurance Emphasis
- Sequencing Rationale
- Densities

Training Components

- Tempo Work
 - Extensive Tempo
 - 70%-80% Rests 1 ½ -3 minutes
 - Intensive Tempo
 - 80%-90%, Rests 3-4 minutes
- Maintaining Power Outputs

Favorite Extensive Tempo Workouts

- 6x200, recoveries 2-3 minutes
- 8x150, recoveries 2-3 minutes
- 10x120, recoveries 2-3 minutes
- 12x100, recoveries 2-3 minutes

Favorite Intensive Tempo Workouts

- 300, 2x250, 2x200, recoveries 4-5 minutes
- 250, 2x200, 3x150, recoveries 4-5 minutes
- 200, 2x150, 2x100 recoveries 4-5 minutes

Assembling the Speed Program

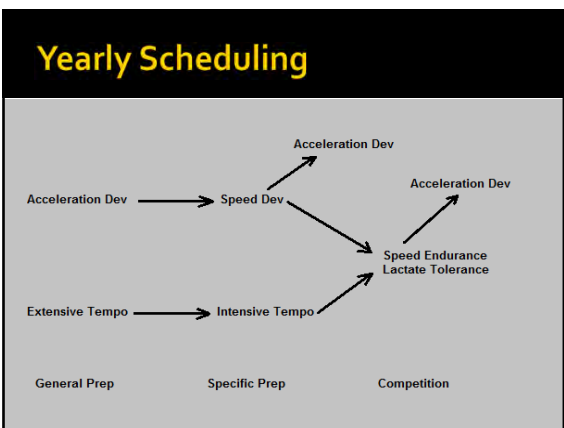
- Phase 1 - Acceleration Emphasis
 - Session 1
 - Acceleration Development Sprints
 - Session 2
 - Resisted Runs
 - Session 3
 - Extensive Tempo
 - Potential Session 4
 - Absolute Speed Technical Rehearsal

Assembling the Speed Program

- Phase 2 – Speed Development Emphasis
 - Session 1
 - Acceleration Development Review and Rehearsal
 - Session 2
 - Speed Development
 - Session 3
 - Intensive Tempo

Assembling the Speed Program

- Phase 3 – Speed Endurance Emphasis
 - Session 1
 - Acceleration Development Review and Rehearsal
 - Session 2
 - Speed Endurance Work
 - Session 3
 - Competition



Yearly Scheduling – General Prep

Monday	Tuesday	Wednesday	Thursday	Friday
Acceleration Dev. (Sprints)	Extensive Tempo	Stadium Singles	Acceleration Dev. (Resisted)	Extensive Tempo
Multijumps (Hz Bounds)	General Strength	Medicine Ball Circuit	Multijump Circuit	General Strength
Olympic Lifts	Weight Circuit		Olympic Lifts	Weight Circuit
Static Lifts			Static Lifts	

Yearly Scheduling – Specific Prep

Monday	Tuesday	Wednesday	Thursday	Friday
Acceleration Dev. (Blocks)	Intensive Tempo	General Strength	Speed Development	Mild Lactate Tolerance
Multijumps (Hz Bounds)	Weight Circuit	Medicine Ball Circuit	Vertical Bounds	General Strength
Olympic Lifts			Olympic Lifts	
Static Lifts			Static Lifts	

Yearly Scheduling – Competition

Monday	Tuesday	Wednesday	Thursday	Friday
Acceleration Dev. (Mixed)	Speed Endurance or	General Strength	Acceleration Dev (Stim)	Competition
Multijumps	Lactate Tolerance (Hard)	Weight Circuit	Olympic Lifts	
Olympic Lifts	Medicine Ball			
Ballistic Lifts				

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