

Training Kids For Speed English Edition By Steve Bennett

Modern sprint training methods have been adapted into a comprehensive program that is suitable for use with developing athletes of any age. Program guidelines are suitable for young athletes. Learn to run the modern way displayed by the Worlds Best Sprinters. Kidspeed is a best seller and has been purchased by thousands of people all over the world. All young athletes need to learn and practise running properly so that they can run faster easier and avoid injury. To Coaches, Following the principles displayed in Training Kids for Speed will almost certainly see clear improvement in the running performances of the athletes or players in your care. Many ideas contained in Training Kids for Speed should also help decrease the athletes chances of injury. There is a great range of ideas for you to choose from in Chapter 7 - Training Session Ideas. To Parents, Reading Training Kids for Speed will prepare you to understand the importance of your children being shaped technically as they mature. It also explains the way that a large variety of areas of training impact on running performance and technique. It discusses what is good practice and what is not. If your children have programs that embrace the principles contained in this book they will have an increased chance of reaching their speed potential and will also have plenty of fun doing it.

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Chapter 1 The New Biomechanics of Sprinting A detailed description of the latest technique of Sprinting that is displayed by Athletes like Marion Jones and Maurice Greene. Also discussion of how a knowledge of this can be applied to any developing athlete.

Chapter 2 Sprinting & the Nervous system The Nervous system is quite limited in its capacity to recover from certain types of stresses. This is a very important area to understand when aiming to produce and train for high speeds.

Chapter 3 Strength Development How can strength best be developed in Kids?

Chapter 4 Power Development Any athlete that wants to accelerate fast and have a higher maximum speed will need to be able to develop more power. What can be done to improve power?

Chapter 5 Endurance Development How can athletes develop endurance without decreasing speed. What is good long-term? What is bad practise?

Chapter 6 Improvement of Technique Important guidelines in the development of improved technique. Making sure there is technical improvement is the prime indicator of what is good coaching and what is not.

Chapter 7 Training Session Ideas - Over 10 A4 pages of ideas for training sessions. The section also contains guidelines for designing appropriate sessions to be more effective at improving technique and performance both long term and short term. There are many special sessions that should be done with young kids eg a 15s 100m runner could do a maximum speed session like 2 sets of 3 runs over standing start 30 or 40m resting between about 3-4minutes, and doing something different like Med Ball activities between sets. This section aims to explain how to design sessions that are appropriate - it is not just a collection of standardized sessions. Creativity is a big part of the fun of coaching and athletes love variety. The key to fun and effectiveness is a coach delivering a variety of effective training activities within certain guidelines.

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