

EXAMPLE STRUCTURE OF A SPEED TRAINING PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WORKOUT 1 (MONDAY)	Pogo Hops: 3x10 CMJ's: 4x4 Squats 3x5	Same, Except Squat 2.5-5kg More	Same, Except Squat 2.5-5kg More Than Week 2	Same, Except Squat 2.5-5kg More Than Week 3
WORKOUT 2 (TUESDAY)	Sprint Practice: Technical Drills	Light Sprint Practice: Technical Drills	Light Sprint Practice: Technical Drills	Light Sprint Practice: Technical Drills
WORKOUT 3 (THURSDAY)	Pogo Hops: 3x10 Bounds: 3x8 Nordic Curls: 5x3	Same, Except Try To Slow Down On Nordics	Same, Except Try To Slow Down On Nordics	Same, Except Try To Slow Down On Nordics
WORKOUT 4 (SATURDAY)	Sprint Practice: 4x30m, 2x100m	Hard Sprint Practice: 4x30m, 2x100m	Hard Sprint Practice: 4x30m, 2x100m	Hard Sprint Practice: 4x30m, 2x100m

SPORT SCIENCE
INSIDER

A Total Sprint Training Program For Maximum Strength

Fleck, Steven J., Kraemer, William



A Total Sprint Training Program For Maximum Strength:

Reviewing **A Total Sprint Training Program For Maximum Strength**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**A Total Sprint Training Program For Maximum Strength**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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A Total Sprint Training Program For Maximum Strength Introduction

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