



“ There is no substitute for speed “

Jonathon Davies – Welsh Rugby Legend

SPEED is a SKILL

Speed is a skill that must be constantly rehearsed. The secret to training any motor skill lies in the training of the Central Nervous System (CNS). Muscles move as a bio product or stimulus from the CNS.

Successful training for speed development is mostly neural in nature. Although sprinting is a product of **many** training factors, neuromuscular training must be the main focus where maximum speed development is concerned.

Programming athletes to perfect the proper technical model of sprinting is where sprint training should begin. Training to perfect the technical model of sprinting has to be done at event speed, or close to it, with proper rest between drills so that the nervous system is **not fatigued**. So many multi directional coaches “try” and coach speed but what they really are teaching is endurance.

Coaching an individual to sprint properly at high speeds requires knowledge of the four developmental stages necessary for development of any athletic skill.

The four stages are:

1. Develop strength and power.
2. Develop technical model of a skill or event.
3. Develop advanced levels of strength and power.
4. Develop advanced technical model of a skill or event.

From the above information one can see that a long-term athlete development plan is required and necessary. The focus for our business is to work within our philosophy “ every day “ and keep learning and progressing with the athletes under our guidance

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