HSI
Handling Speed Intelligenty

DEVELOPMENT OF SPEED
1. Acceleration
2. Max Velocity
3. Speed Endurance or Maintenance

DEVELOPMENT OF STRENGTH
1. Olympic Lifts
   a. Cleans
   b. Squats
   c. Snatches
2. General Strength
   a. push-ups
   b. pull-ups
   c. medicine ball
SPRINT WARM-UP

10 X 100M: Run the straights and walk the turns

- Flexibility for 15 to 20 min
- 3x60m EZ acceleration
- 3x20m A skips into a 20m acceleration
- 3x20m B skips into a 20m acceleration
- 3x20m Run A’s into a 20m acceleration
- 3x60m acceleration from a 3 point stance.

100m Model

- 1. Reaction Time
- 2. Block Clearance
- 3. Drive Phase
- 4. Transition
- 5. Max Acceleration
- 6. Maintenance
- 7. Deceleration

START

- REACTION TIME
- BLOCK CLEARANCE
- DRIVE PHASE
START WORKOUT

- 5 X 10M W/ 3 MIN R/R
- 4 X 20M W/ 3 MIN R/R
- 5 MIN R/R BETWEEN SETS

TRANSITION

- 3 TO 4 X 30M from the Blocks; w/ 3 to 4 min rest recovery

MAX VELOCITY

- FLY 60'S
- FLY 30'S
- 60 ACCELERATION; 3 point stance
- 80 ACCELERATION; 3 point stance
MAINTENANCE
- 5 X 150; w/ 6 min rest recovery
- 6 X 120; w/ 5 min rest recovery
All runs are from a 3 point stance.

DECELERATION
- 3 X 300; w/ 8 min rest recovery
- 4 x 250; w/ 7 min rest recovery