



SPEED TRAINING **CHALLENGE**

OFFICIAL TRAINING GUIDE

SPEED **TRAINING** **CHALLENGE**

INSTRUCTIONS

Step-by-step instructions for your 14-day speed training challenge.



RUN FASTER
IN JUST 14 DAYS



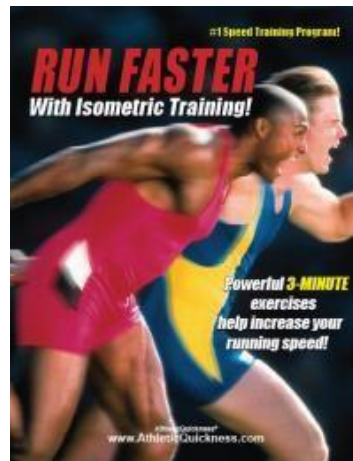
ATHLETICQUICKNESS.COM



The Speed Training Challenge

"You Are About to Experience The Fastest and Easiest Way to Increase Your Sprinting Speed"

Like thousands of others you can start training in midseason and see improved performance in days!



The *Run Faster Program* consists of 10 specific running speed and lateral quickness exercises for the following muscle groups: Thigh Flexors, Hamstrings, Thigh Extensors, Adductors, and Abductors.

The video you will see shows you how to exercise the Thigh Flexors muscle group, which is one of the most important and the most overlooked muscle groups for sprinting speed. You will see dramatic increases in your sprint speed just by doing this one exercise.

Your objective is to see if just **one of these simple three-minute exercises, the thigh flexor**, dramatically improves your sprinting speed in less time than any other program out there.

Here's how to get started:

- 1. Watch for the video in your email.**
- 2. Get a resistance band or two.** We recommend the flat Cando Resistance Band at least 5' in length. We believe it's elasticity is best suited for these exercises, plus they are inexpensive. (See images of the band on page 10. Check a local sporting goods store, Walmart or order online at www.AthleticQuickness.com/order-bands. Select a red for light resistance, green for medium resistance or blue for heavy resistance. If you get two bands you can combine them for additional resistance. We normally recommend a red and a blue band. It will cost about \$6.00 per band and there is no shipping charge for bands. Delivery is about 3 to 5 days.
- 3. Review the material in this section.**
- 4. Time yourself in the 40, 60 or 100 and record your time on the Progress Chart on page 20.**
- 5. Do the exercise as demonstrated in the video for 2 weeks according to the schedule provided below. You will exercise only 6 times for just a few minutes each session.**
- 6. Time yourself again in the 40, 60, or 100 and record your new time on the Progress Chart.**
- 7. Start feeling really great about how much faster you are now than you were 2 weeks ago.**

That's all there is to it. Remember you are only exercising 1 muscle group out of the 5 that are involved in the sprinting process. Imagine getting even better results if you did all 10 exercises.

HOW TO GET THE MOST FROM THIS PROGRAM.

The isometric training exercises are very fast and easy to do. So before you begin, keep in mind the following helpful tips:

Tip #1: Perform approximately five minutes of light stretching for the muscles in your thighs and legs before starting these exercises.

Tip #2: Use a watch or clock with a clearly visible second hand so that you can accurately time your isometric exercises.

Tip #3: 70-80% of your strength is all that is required to achieve maximum results. Hold the position for 10 – 15 seconds. If you can easily hold the position for up to 25 – 30 seconds you need more resistance. The exercises are meant to be physically demanding. 70-80% of your strength is a significant amount of effort to exert over a 10-15 second period.

Tip #4: Isometric exercises are to be done with normal breathing. Do not hold your breath during the exercises as this may cause a sudden increase in blood pressure and/or light-headedness.

Tip #5: If you experience any discomfort during these exercises, ease off just a little bit. If the discomfort persists, consult with your physician before continuing.

Tip #6: It doesn't matter what time of day you exercise. However, your body will respond the best if you choose the same time each day to train.

Tip #7: Do not over-train. Only do what is recommended in the training schedule.

Tip #8: If at all possible, do not do any other exercises (weights, plyometrics etc.) during the first fourteen days of training. Note: If you happen to be currently involved with weight training and/or plyometric training for your legs, such as squats, leg extensions, hamstring curls etc., performing our exercises for just two weeks may not yield the results you are looking for. This is usually due to the intense fatiguing of the muscles caused by these routines, which is counter-productive to muscle contraction speed. Therefore, we encourage those involved in weights and plyometrics to allow an additional two weeks of training before drawing any conclusions relative to this program.

Tip #9: Pay close attention to the way your body position is described as the correct positioning is needed to isolate specific muscle groups during each exercise.

Tip #10: The best way to increase your resistance for these exercises is to add more bands or use a heavier band. The best ones to use are the red, green and blue colored bands. By using any one or more of these, you can increment upwards to the proper resistance level that is specific to your strength

One final tip - have fun with this program. You might not even break a sweat!

IMPORTANT REMINDERS: Under ideal circumstances, all of the AthleticQuickness.com speed training programs recommend that you do not participate in any other types of training (weights, plyos, etc.) during the initial 14-day period. This is done to maximize your speed results quickly and will help eliminate any potential outside interference from strength training that might negatively affect your speed performance. It will also allow you to accurately assess the value of these programs.

If you are currently involved in a weight training or plyometrics training program and cannot put that on hold for 2 weeks then read the tips on this web page:

<https://www.athleticquickness.com/combine-speed-and-stength-training>

IMPORTANT NOTICE: As with any exercise program, before performing this exercise, consult with your physician.

CAUTION: Make absolutely certain that the object you tie your exercise band around is really immovable. Also make sure that the immovable object does not have any rough or sharp edges as this will cause your exercise band to tear. Serious injury may result if the object gives way and/or the resistance band snaps back and hits you.

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Though the methods of this program have been shown to be effective, the Publisher, the Author, the Sales Agents and the Distributors further disclaim the expectation of any specific result, for any person, under any circumstance.

“With your newly conditioned leg muscles, especially your thigh flexors, you should feel your legs springing effortlessly forward when you go for that extra burst of speed!”

PROGRESS CHART

Name _____ Date Started _____

STEP 1: Record your fastest time in one or more of the following before starting this program:

40 yard dash _____ seconds.

60 yard dash _____ seconds.

100 meter dash _____ seconds.

400 meter dash _____ seconds.

_____ Other _____ seconds.

STEP 2: Complete the 14-day program for your thigh flexor muscles only (see the training schedule on the following page). Remember, your thigh flexor muscles make up only 1/5 of the complete Run Faster Speed Training Program, however, our experience has shown that even this one exercise delivers more speed training potential than a lot of other programs combined!

STEP 3: Perform the same sprint(s) as in STEP 1. When you are finished, record your fastest time and note the improvement.

40 yard dash _____ seconds, Improvement _____ seconds.

60 yard dash _____ seconds, Improvement _____ seconds.

100 meter dash _____ seconds, Improvement _____ seconds.

400 meter dash _____ seconds, Improvement _____ seconds.

Other _____ seconds, Improvement _____ seconds.

Date Completed _____

Optional: To gain as much speed as possible, include all of the exercises in the *Run Faster Program* and continue to train three times a week for the next several months or until your speed levels off. Then watch the Afterburner Video which will show you how to modify the exercises for additional improvements in your performance.

Use the Checklist and Training Schedule Below to Document Your Daily Speed Training Exercises:

For each scheduled day, exercise each thigh flexor muscle 3 times as follows:

1. Right thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds.
2. Left thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds.
3. Right thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds.
4. Left thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds.
5. Right thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds.
6. Left thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds.

Note: You will be exercising your right and left thigh flexor muscles three times each per day. That's it. No more, no less. And do them on the days numbered 1, 3, 5, 8, 10 and 12 as shown on the chart below:

	Place a Check mark on the line when finished.		Place a Check mark on the line when finished.
Day #1	_____	Day #8	_____
Day #2	REST DAY	Day #9	REST DAY
Day #3	_____	Day #10	_____
Day #4	REST DAY	Day #11	REST DAY
Day #5	_____	Day #12	_____
Day #6	REST DAY	Day #13	REST DAY
Day #7	REST DAY	Day #14	REST DAY