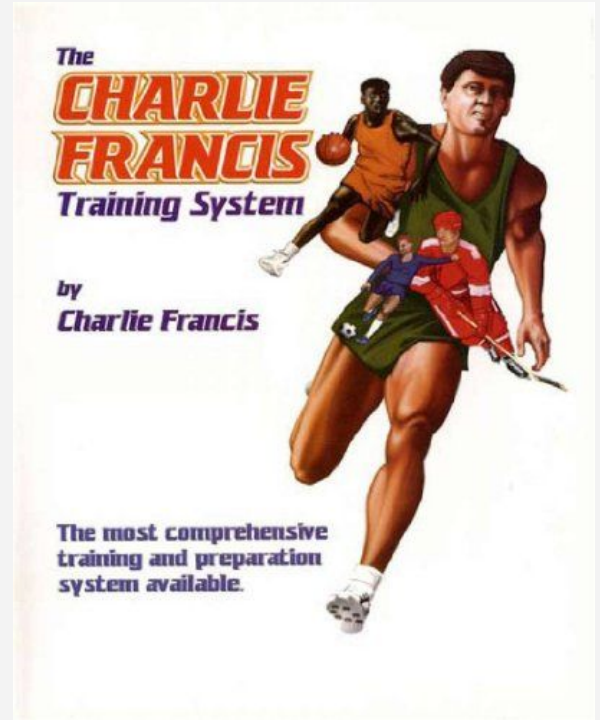


## 3 High Low

*Most athletes' fast is too slow, and their slow is too fast!*

Charlie Francis

# Charlie Francis



# Microcycle Organization

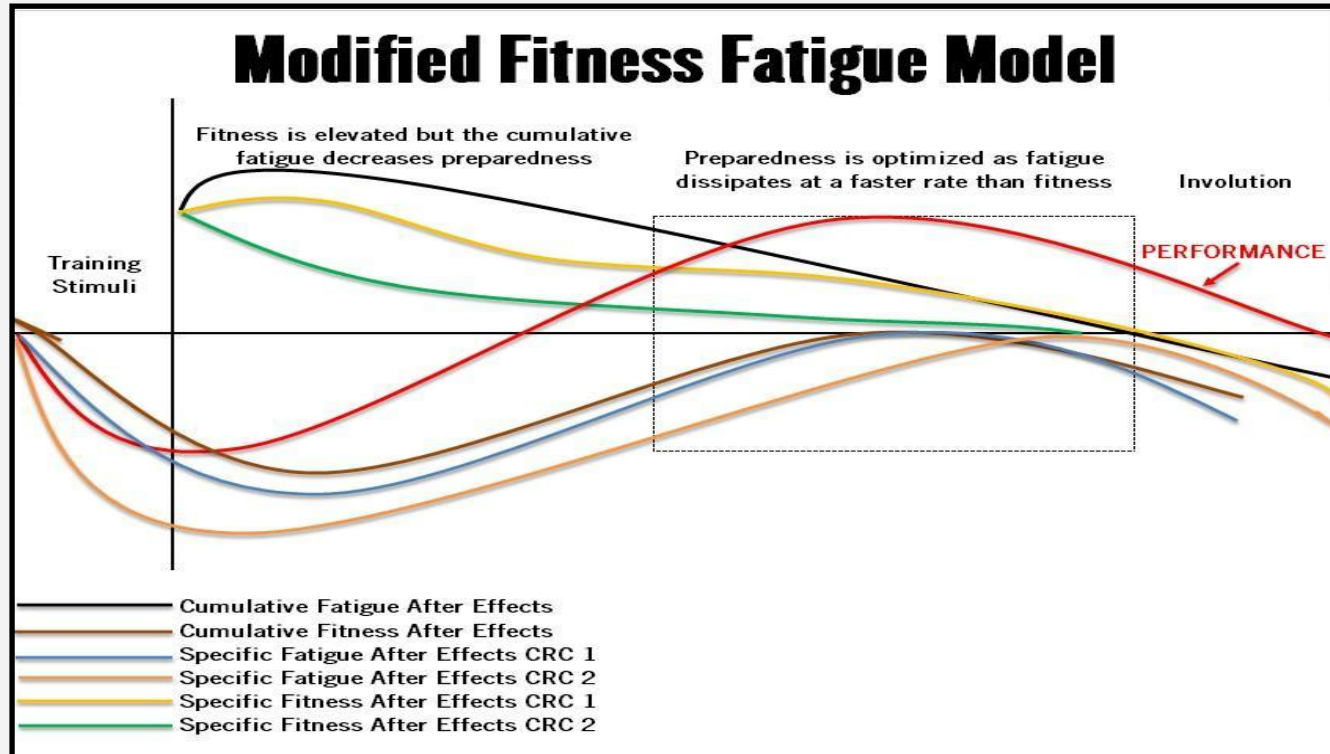
## MICROCYCLE DESIGN

LOW FREQUENCY RUN	SPRINT			SPRINT	
		TEMPO	OFF		TEMPO
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIGH FREQUENCY RUN	SPRINT		SPRINT		SPRINT
		TEMPO		TEMPO	

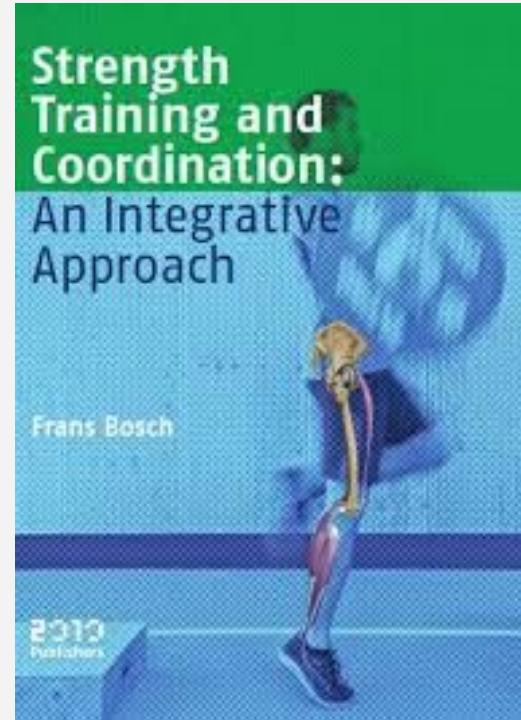
## MICROCYCLE DESIGN

LOW FREQUENCY RUN	SPRINT			SPRINT	
		TEMPO	OFF		TEMPO
LIFT OPTION 1	TOTAL		TOTAL		TOTAL
LIFT OPTION 2		TOTAL			TOTAL
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIGH FREQUENCY RUN	SPRINT		SPRINT		SPRINT
		TEMPO		TEMPO	
LIFT OPTION 1	TOTAL		TOTAL		TOTAL
LIFT OPTION 2		TOTAL			TOTAL

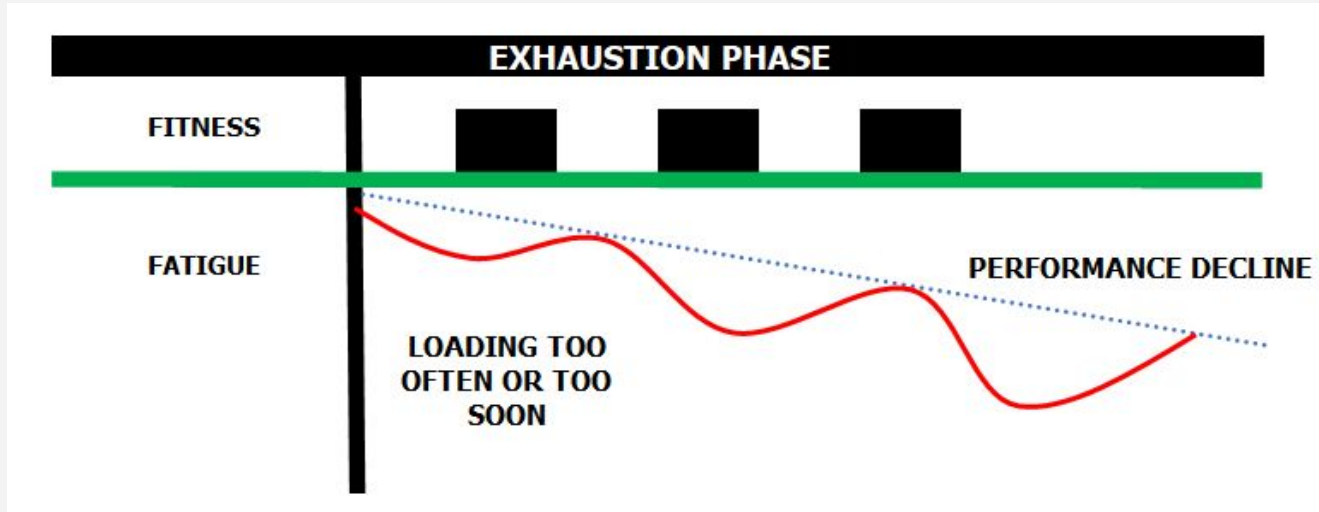
# Microcycle Organization



# Training Session Organization



# CNS Focus



# Training Session Organization

<h2 style="margin: 0;">LARGE DEFICIT SPEED TRAINING</h2> <h3 style="margin: 0;">WINTER Block 1</h3>	
<b>Day 1: Linear Phosphen Power</b>	
<b>PILLAR PREP:</b>	
Foam Roll	Foam Roll: Gastroc/Soleus/Hamstring/Quad
Mobility	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Flexion 2min/10sec/10sec/1min
<b>MOVEMENT PREP:</b>	
Pillar Prep	Mini Band Pogos Pull Aparts x10E, Mini Band Hip Bridge x10
Dynamic Stretch	Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E
Mvmt Integration	1/2 Kneeling Arm Action x10sec Each Leg/A March (Hands on Waist) FW 2x10y
Neural Activation	Reach Drop Pogo 2x5sec, Reach Drop in Place 2" Run 2x5sec
<b>Week 1</b>	
Phyometric	Horizontal CMJ + Stick 3x5, Vertical CMJ + Stick 3x5
Speed DV	Sled Pull (Waist Harness - 10% BW) 3x20yards
Speed	Mini Hurdle Step Over Run + 20yard Run out x3
<b>Week 2</b>	
Phyometric	Horizontal CMJ + Stick 4x5, Vertical CMJ + Stick 4x5
Speed DV	Sled Pull (Waist Harness - 10% BW) 4x20yards
Speed	Mini Hurdle Step Over Run + 20yard Run out 4x5
<b>Restoration</b>	
Corrective	90-90 Hemi Bridge 60sec/ELDOA L5/S1
<b>Day 2: Linear Phosphogen Capacity</b>	
<b>PILLAR PREP:</b>	
Foam Roll	Foam Roll: Gastroc/Soleus/Hamstring/Quad
Mobility	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min
<b>MOVEMENT PREP:</b>	
Pillar Prep	Lower Body Deadbug 2x10E/Cook Hip Lift 2x10E
Dynamic Stretch	Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E
Mvmt Integration	Passive Range Lift Off Half Kneeling (Knee Flexed) Hip Flexion 10x5sec E
Neural Activation	A March (Hands on Waist) FW 2x10y/A March (Hands on Waist) BW 2x10y
<b>Week 1</b>	
MB Pogo	Half Kneeling (Wall Based) Rotational Toss 4x10E
Phyometric	Rudiment Jump (Linear/Lateral/Rotational) x10y E
ESD	Linear Tempo Runs (60%): 10x20y/Rest 60sec
<b>Week 2</b>	
MB Pogo	Half Kneeling (Wall Based) Rotational Toss 4x10E
Phyometric	Rudiment Jump (Linear/Lateral/Rotational) x10y E
ESD	Linear Tempo Runs (60%): 10x20y/Rest 60sec
<b>Restoration</b>	
Corrective	Crocodile Breathe/ELDOA T8/T9
<b>Day 3: Multi Directional Phosphen Power</b>	
<b>PILLAR PREP:</b>	
Foam Roll	Foam Roll: Gastroc/Soleus/Glute/Adductor
Mobility	Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip Internal Rotation 2min/10sec/10sec/1min
<b>MOVEMENT PREP:</b>	
Pillar Prep	Mini Band Cams x10E/Mini Band In-Outs x10E
Dynamic Stretch	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E
Mvmt Integration	Lateral Mini Band (Knee) Walk (Hands on Waist) x10y E
Neural Activation	Reach Drop Pogo 2x5sec, Reach Drop Hour Glass 2x5sec
<b>Week 1</b>	
Phyometric	Rotational Horizontal CMJ + Stick 3x3E, Lateral Bound + Stick 3x3E
Speed DV	5y Shuffle + 5y Sprint + Stop x3E/BW Run 3x20y
Speed	S (1y Width) Run 3x30y, S (1y Width) Back Pedal 3x30y
<b>Week 2</b>	
Phyometric	Rotational Horizontal CMJ + Stick 4x3E, Lateral Bound + Stick 4x3E
Speed DV	5y Shuffle + 5y Sprint + Stop x4E/BW Run 4x20y
Speed	S (1y Width) Run 4x30y, S (1y Width) Back Pedal 4x30y
<b>Restoration</b>	
Corrective	90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator
<b>Day 4: Linear Glycolytic Capacity</b>	
<b>PILLAR PREP:</b>	
Foam Roll	Foam Roll: Gastroc/Soleus/Glute/Adductor
Mobility	Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip External Rotation 2min/10sec/10sec/1min
<b>MOVEMENT PREP:</b>	
Pillar Prep	Side Plank x15sec E/Glute Bridge (Hold) 30sec
Dynamic Stretch	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E
Mvmt Integration	Passive Range Lift Off Quadruped Hip Abduction 10x5sec E
Neural Activation	Lateral A March 2x10y E
<b>Week 1</b>	
MB Pogo	Tail Kneeling (Wall Based) Rotational Toss 4x10E
Phyometric	Rudiment Jump (Linear/Lateral/Rotational) x10y E
ESD	Linear Tempo Runs (60%): 4x200y/Rest 60sec
<b>Week 2</b>	
MB Pogo	Tail Kneeling (Wall Based) Rotational Toss 4x10E
Phyometric	Rudiment Jump (Linear/Lateral/Rotational) x10y E
ESD	Linear Tempo Runs (60%): 3x200y/Rest 60sec
<b>Restoration</b>	
Corrective	Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus

# Training Session Organization



# High vs Low

## Day 1: Linear Phospagen Power

### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Flexion 2min/10sec/10sec/1min	

### MOVEMENT PREP:

<b>Pillar Prep</b>	Mini Band Psoas Pull Aparts x10E, Mini Band Hip Bridge x10	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E	
<b>Mvmt Integration</b>	1/2 Kneeling Arm Action x10sec Each Leg/A March (Hands on Waist) FW 2x10y	
<b>Neural Activation</b>	Reach Drop Pogo 2x5sec, Reach Drop in Place 2" Run 2x5sec	

### Week 1

### Week 2

<b>Plyometric</b>	Horizontal CMJ + Stick 3x5, Vertical CMJ + Stick 3x5	Horizontal CMJ + Stick 4x5, Vertical CMJ + Stick 4x5
<b>Speed DV</b>	Sleed Pull (Waist Harness - 10% BW) 3x20yards	Sleed Pull (Waist Harness - 10% BW) 4x20yards
<b>Speed</b>	Mini Hurdle Step Over Run + 20yard Run out x3	Mini Hurdle Step Over Run + 20yard Run out 4x5

### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/ELDOA L5/S1	
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## Day 2: Linear Phosphogen Capacity

### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min	

### MOVEMENT PREP:

<b>Pillar Prep</b>	Lower Body Deadbug 2x10E/Cook Hip Lift 2x10E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E	
<b>Mvmt Integration</b>	Passive Range Lift Off Half Kneeling (Knee Flexed) Hip Flexion 10x5sec E	
<b>Neural Activation</b>	A March (Hands on Waist) FW 2x10y/A March (Hands on Waist) BW 2x10y	

### Week 1

### Week 2

<b>MB Plyo</b>	Half Kneeling (Wall Based) Rotational Toss 4x10E	Half Kneeling (Wall Based) Rotational Toss 4x10E
<b>Plyometric</b>	Rudiment Jump (Linear/Lateral/Rotational) x10y E	Rudiment Jump (Linear/Lateral/Rotational) x10y E
<b>ESD</b>	Linear Tempo Runs (60%): 10x60y/Rest 60sec	Linear Tempo Runs (60%): 10x80y/Rest 60sec

### Restoration

<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9	
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# Resources

[Strength Training & Coordination](#)

[Key Concepts](#)