2 Long to Short/Short to Long

Running is something almost anyone can do, but running faster—that's the challenge! It takes training, focus, discipline, and determination.

Charlie Francis

Charlie Francis

Stu McMillan

ALTIS

Peaking Strategy

Do we train based on Peaking or Developing Weaknesses?

- Predetermined training vectors are a Peaking Strategy
  - We are moving training to performance outlet w/o consideration of Strength or Weaknesses
- Training moving in a linear fashion (A to B) will have prioritizing of predetermined ability regardless of current functioning levels

Biggest question we have to evaluate is how transferable is this to the team setting?

- Peaking within a multivariate environment has its shortcomings

Body Type Focus

Push Types

- Concentrically Oriented (Wide Thorax)
- Inhale Bias (Sympathetic Dominance)
- Extension Muscle Biased (Lowered Gear Ratio)
- Better at creating Inertia (Static Position to Longer Ground Contact Times)

Pull Types

- Eccentrically Oriented (Narrow Thorax)
- Exhale Bias (Parasympathetic Dominance)
- Flexor Muscle Biased (Higher Gear Ratio)
- Better at Reacting to the Ground (Shorter Ground Contact Times)

Body Type Focus

Periodization

Bioenergetic - Capacity vs Power
- Long - More Capacity
    - Power - Build Up Runs/Wicket Runs
    - Capacity - Tempo Runs
- Short - More Power
    - Power - Resisted Sprints/Multiple Start Positions
    - Capacity - Repeat Sprint

Biomechanic - Longer Ground Contact time vs Shorter Ground Contact Time
- Short - From Static Position/Horizontal Position/Longer Ground Contact Time
- Long - From Dynamic Position/Vertical Position/Shorter Ground Contact Time

Biomotor - Force/Velocity/Work
    - Short - More Force Related
    - Long - More Velocity Related

Resources

Altis Education

Training Systems

Bill Hartman Intensive