

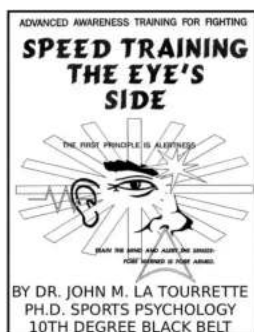
# How To Get Faster: Speed Training Tips and Techniques - Increase Speed and Train the Eye

Are you looking to improve your speed and increase your athletic performance? Speed is a crucial component of many sports, and enhancing your speed can give you a significant advantage on the field or track. In this article, we will explore various techniques and training methods to help you get faster and take your performance to the next level.

## Understanding the Basics of Speed Training

Before diving into specific training methods, it's essential to understand the fundamentals of speed training. Speed is a combination of two factors: stride length and stride frequency. Stride length refers to the distance covered with each step, while stride frequency is the number of steps taken per unit of time.

To improve your speed, you must work on increasing both stride length and stride frequency simultaneously. This can be achieved through targeted exercises and training routines tailored to your specific needs.



## How To Get Faster | How To Increase Speed | Speed Training | Speed Training The Eye's Side

by Dr. John La Tourette(Kindle Edition)

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## **Strength Training for Speed**

Strength training plays a crucial role in improving speed and overall athletic performance. Building strength in the lower body muscles, such as the quadriceps, hamstrings, and glutes, can help generate more power and improve stride length.

Exercises such as squats, lunges, deadlifts, and plyometrics can be highly effective in targeting these muscle groups and increasing strength. It is essential to focus on proper form and gradually increase the weight and intensity of your workouts as you progress.

## **Plyometrics for Explosive Power**

Plyometric exercises are explosive movements that help improve the body's ability to generate power quickly. These exercises primarily target the fast-twitch muscle fibers, which are responsible for producing high-intensity movements.

Some popular plyometric exercises include box jumps, depth jumps, medicine ball throws, and bounding. Incorporating these exercises into your training routine can enhance your explosive power and improve your speed.

## **Interval Training for Speed Endurance**

Speed endurance is crucial for maintaining a high speed over an extended period. Interval training is an effective way to improve your speed endurance by alternating between high-intensity sprints and periods of active recovery.

For example, you can perform a set of 30-second sprints followed by 60 seconds of slow jogging or walking to recover. Repeat this cycle for several sets, gradually increasing the duration and intensity of the sprints as your endurance improves.

## **Technique and Form**

While strength and conditioning are essential for speed improvement, it's equally important to focus on your running technique and form. Proper body mechanics can help optimize your stride length and frequency.

Some key tips for improving running technique include maintaining an upright posture, driving your knees forward during each stride, and landing on the balls of your feet. Working with a running coach or trainer can provide valuable feedback and guidance on refining your technique for maximum efficiency.

## **Training the Eye**

In addition to physical training, training the eyes can also contribute to overall speed improvement. The eyes play a vital role in processing visual cues and reacting quickly to changes in the environment.

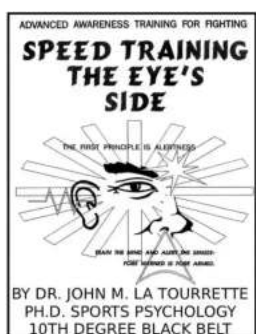
One effective exercise to train the eyes is using vision drills. These drills involve focusing on specific objects or targets while performing speed-related activities. For example, using a speed ladder while maintaining visual focus on a specific point ahead can help improve eye-hand coordination and reaction time.

Additionally, incorporating hand-eye coordination exercises, such as juggling or reaction ball drills, into your training routine can further enhance your visual tracking abilities and reaction speed.

Improving your speed requires a holistic approach that combines various training methods targeting strength, power, endurance, technique, and visual processing.

By implementing a well-rounded speed training program and staying consistent with your workouts, you can make significant improvements in your speed and overall athletic performance.

Remember, speed development takes time and dedication, so don't get discouraged if you don't see immediate results. Stay focused, be patient, and trust the process. With the right training techniques and a determined mindset, you can become faster and excel in your chosen sport.



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