

Stop training your athletes the "OLD SCHOOL" way

years, athletes have been taught that more is better, and "no pain no gain." That's a great saying for an athlete who is desiring to get bigger and stronger. But for those trying to get faster, well, let's just say, "it ain't going to happen."

It all comes down to this: Training for blazing speed cannot be accomplished in the same way as training for strength and endurance - no matter how hard you try.

The reason muscles cannot be trained for speed the same way they are trained for strength is because your muscles are made of different types of fibers. One fiber type (slow twitch fibers) gives your muscles strength to move against heavy resistance. Another fiber type (fast twitch fibers) gives your muscles speed, that is, the ability to contract very quickly.

Different fiber types require different types of training. You cannot train for speed the same way you train for strength and endurance. Each fiber type needs to be conditioned so that it accomplishes its specific purpose. If you train only for strength and endurance (a slow twitch training program) then your fast twitch muscle fibers will literally start behaving more like slow twitch fibers and will be ignored in their natural ability to generate speed and quickness.

Your running speed will be determined by how fast your muscles contract, it's as simple as that.