

# ***SPEED DEVELOPMENT ROADMAP***

*Your Complete Guide to Long-Term Speed Development*



# INTRODUCTION

## ***Congratulations on completing the 6×1 Speed Formula!***

You've already achieved something remarkable—a measurable 1MPH increase in your maximum velocity.

This Speed Development Roadmap will serve as your guide to maintaining and building upon these speed gains for years to come.

Inside, you'll find:

- How to maintain your speed during your competitive season
- Advanced progressions for continued development
- Age-appropriate guidelines for long-term speed development
- Testing protocols to track your progress

Remember: Speed is a perishable skill. The gains you've made can be maintained and enhanced, but only with consistent attention and proper training.

Let's ensure your investment continues to pay dividends long into your athletic future.



# UNDERSTANDING SPEED MAINTENANCE

## The 5-Day Rule

Research shows that speed qualities begin to diminish after approximately 5-7 days without exposure to high-intensity sprinting. This means that maintaining your newly developed speed requires consistent exposure to maximal velocity running, even during your competitive season.

The good news? Maintenance requires significantly less volume than development.

## Minimum Effective Dose for Speed Maintenance

During your competitive season, you need just ONE dedicated speed session per week, consisting of:

- 3-5 maximum effort sprints (flying 10s or 20s)
- Full recovery between efforts (at least 3 minutes)
- Total distance of 80-120 yards of maximum effort sprinting

If your sport practice already includes significant sprinting at maximum effort, this may be sufficient for maintenance.

## Minimum Effective Dose for Speed Maintenance

Monitor these warning signs that your speed is diminishing:

- Decreased acceleration in the first 10 yards
- Feeling "heavy" or uncoordinated when trying to sprint
- Reduced maximum velocity (as measured on GPS or timing system)
- Increased ground contact time

If you notice these signs, it's time to reintroduce more consistent speed work into your training.



# IN-SEASON SPEED MAINTENANCE PROTOCOLS

## Option 1: Game Day -3 Protocol (Preferred)

The ideal time to maintain speed is three days before competition:

### Warm-up:

5-minute light jog

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Dynamic mobility series

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3 x 20-yard build-ups (70%, 80%, 90% effort)

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### Speed Maintenance Set:

4 x 10-yard flying sprints (20-yard build-up + 10-yard max)

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3-4 minutes rest between efforts

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Total sprint volume: 120 yards

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### Benefits

Provides adequate CNS recovery before competition

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Maintains neuromuscular recruitment patterns

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Minimal fatigue impact on game day

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# IN-SEASON SPEED MAINTENANCE PROTOCOLS

## Option 2: Game Day +2 Protocol (Alternative)

If pre-game speed maintenance isn't possible, perform this session two days after competition:

### Warm-up:

8-minute light jog

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Dynamic mobility series

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2 x 30-yard build-ups (70%, 85% effort)

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### Speed Maintenance Set:

3 x 20-yard flying sprints (20-yard build-up + 20-yard max)

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4 minutes rest between efforts

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Total sprint volume: 120 yards

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### Benefits

Allows for recovery from game fatigue

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Reestablishes proper sprinting mechanics

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Provides adequate recovery before next training cycle

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# IN-SEASON SPEED MAINTENANCE PROTOCOLS

## Option 3: Integrated Practice Protocol

For athletes who cannot add separate speed sessions during the season:

### Coach Coordination Required:

Work with your sport coach to integrate these elements into team practice:

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### Implementation:

During warm-up, perform 2-3 maximum effort 10-yard sprints with full recovery

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Before practice is ideal but if you can't find the space or time perform 2-3 flying 10s after

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**Note:** This option is less ideal but better than no speed maintenance at all.



# ADVANCED TECHNIQUES FOR CONTINUED DEVELOPMENT

Once you've maintained your speed for a full competitive season, you can begin implementing these advanced techniques during your next off-season to achieve even greater speed improvements:

## Advanced Acceleration Development

### **Weighted Vest Sprints:**

5-10% of body weight

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Contrast with unweighted sprints

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4-6 x 10-yard sprints

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Focus on power production in first 3 steps

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### **Heavy Sled Pushes:**

80-100% body weight

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Focus on sustained drive phase

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4-6 x 15-yard pushes

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Maintain forward body lean

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### **Variable Start Positions:**

Prone starts (push-up position)

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Lateral starts (90° turn and accelerate)

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Rolling starts (walking to sprint transition)

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Focus on force application from different positions

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# ADVANCED TECHNIQUES FOR CONTINUED DEVELOPMENT

## Advanced Max Velocity Development

### Wicket Runs:

6-10 wickets set at 5'6" - 6' apart (adjust based on height)

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Focus on maintaining stride length and frequency

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Progress to 8-12 wickets as proficiency increases

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Add slight downhill grade (1-2%) for overspeed stimulus

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### Contrast Method:

Perform resisted sprint (20-30% body weight for 20 yards)

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Rest 3 minutes

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Perform unweighted flying 10s or 20s

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Potential effect improves maximum velocity

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### Advanced Flying Sprints:

Extend flying zone from 10 to 20 yards

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Increase build-up distance to 40 yards

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Focus on maintaining maximum velocity for longer duration

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Use timing system to measure decay in velocity (should be minimal)

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# ADVANCED TECHNIQUES FOR CONTINUED DEVELOPMENT

## CNS Development Protocols

### Depth Jumps to Sprints:

Drop from 12-18" box

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Immediate maximal vertical jump

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Transition directly into 10-yard sprint

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Enhances neural drive and rate coding

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### French Contrast Method:

Heavy strength exercise (3-5 reps)

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Plyometric exercise (5-6 reps)

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Weighted explosive exercise (5-6 reps)

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Unweighted explosive exercise (5-6 reps)

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Transition to 10-20 yard sprint

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Advanced method for enhanced neural recruitment

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# AGE-APPROPRIATE PROGRESSIONS

## Middle School Athletes (12-14 years)

### Focus Areas:

Fundamental movement quality

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Sprint coordination

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Basic acceleration mechanics

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Stride frequency development

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### Volume Guidelines:

1-2 speed sessions per week

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8-12 total sprints per session

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Maximum distance: 20 yards per sprint

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Total volume: 150-200 yards per session

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### Key Exercises:

Acceleration starts from various positions

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Flying 10s with extended build-up

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Technical drills for arm action and posture

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Low-intensity plyometrics for coordination

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# AGE-APPROPRIATE PROGRESSIONS

## Early High School (15-16 years)

### Focus Areas:

Acceleration development

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Introduction to max velocity training

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Force production improvement

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Technical refinement

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### Volume Guidelines:

2 speed sessions per week

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10-15 total sprints per session

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Maximum distance: 30 yards per sprint

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Total volume: 200-300 yards per session

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### Key Exercises:

Resisted sprints (10-20% body weight)

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Flying 10s and 20s

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Hill sprints (10-15 yards, moderate grade)

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Medium-intensity plyometrics

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# AGE-APPROPRIATE PROGRESSIONS

## Advanced High School (17-18 years)

### Focus Areas:

Max velocity development

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Advanced acceleration

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Force-velocity profiling

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Sport-specific speed application

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### Volume Guidelines:

2-3 speed sessions per week

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12-18 total sprints per session

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Maximum distance: 40 yards per sprint

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Total volume: 300-400 yards per session

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### Key Exercises:

Heavy resisted sprints (50-80% body weight)

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Extended flying sprints (20-30 yards)

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Contrast method training

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High-intensity plyometrics

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Sport-specific change of direction work

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# AGE-APPROPRIATE PROGRESSIONS

## College/Elite (19+ years)

### Focus Areas:

Peak velocity development

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Force-velocity optimization

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Advanced CNS training

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Specialized speed qualities for position

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### Volume Guidelines:

2-3 speed sessions per week

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12-20 total sprints per session

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Maximum distance: 60 yards per sprint

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Total volume: 400-600 yards per session

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### Key Exercises:

Force-velocity profiling and targeted training

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Complex training methods

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Extended flying sprints with velocity measurement

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Advanced contrast training

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Position-specific speed development

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# TESTING PROTOCOLS

## Monthly Speed Testing Battery

To ensure continued progress, implement this testing protocol every 4-6 weeks:

### ⚡ Test 1: 10-Yard Acceleration

From 2-point stance

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Measure with laser or stopwatch

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Take best of 3 attempts with full recovery

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**Goal: Improvement or maintenance of time**

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### ⚡ Test 2: Flying 10-Yard

20-yard build-up + 10-yard timed zone

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Measure with laser or stopwatch

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Take best of 3 attempts with full recovery

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**Goal: Improvement or maintenance of time**

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### ⚡ Test 3: Maximum Velocity

30-yard build-up + 10-yard max velocity zone

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Measure with laser or stop watch

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Take best of 2 attempts with full recovery

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**Goal: Maintain or exceed previous max velocity**

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## Interpretation Guidelines

### 👍 Positive Indicators:

Maintained or improved 10-yard time

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Maintained or improved flying 10-yard time

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Maintained or improved maximum velocity

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### ⚠️ Warning Signs

0.05 second increase in flying 10-yard time

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0.03 second increase in 10-yard acceleration

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*If warning signs appear, increase speed exposure for 2-3 weeks and retest.*



# NUTRITION FOR SPEED MAINTENANCE

Your nutritional strategies play a critical role in maintaining and developing speed qualities:

## Pre-Speed Session Nutrition (2-3 hours before)

### Optimal Meal Composition:

15-25g high-quality protein

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40-60g complex carbohydrates

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10-15g healthy fats

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10-15g healthy fats

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### Example Meals:

Chicken breast with rice and vegetables

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Protein smoothie with banana and peanut butter

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Eggs with toast and avocado

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## Immediate Post-Session Nutrition (within 30 minutes)

### Recovery Composition:

20-30g fast-digesting protein

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30-40g quick-absorbing carbohydrates

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Minimal fat (slows absorption)

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16-24oz water + electrolytes

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### Example Options:

Whey protein shake with dextrose

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Chocolate milk + protein

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Greek yogurt with honey and berries

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# NUTRITION FOR SPEED MAINTENANCE

## Pre-Speed Session Nutrition (2-3 hours before)

### 🍴 Protein Distribution:

1.6-2.0g protein per lb of body weight daily

Distribute evenly across 4-6 meals/snacks

Emphasize leucine-rich sources (dairy, meat, eggs)

### 🍴 Carbohydrate Strategies:

2-4g per lb of body weight on training days

Higher glycemic sources around training

Lower glycemic sources at other times

### 🍴 Hydration Guidelines:

Minimum 0.5oz per pound of body weight daily

Additional 16-24oz for every hour of activity

Urine should remain light yellow throughout day



# YEAR-ROUND PLANNING FOR SPEED DEVELOPMENT

## Off-Season Phase (8-12 weeks)

**Primary Focus:** Maximum development of absolute speed qualities

### Weekly Structure:

2-3 dedicated speed sessions

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1-2 strength sessions

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1 power development session

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Minimal sport-specific training

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### Volume Progression:

Weeks 1-3: Low volume introduction (150-200 yards)

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Weeks 4-8: Progressive volume increase (200-400 yards)

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Weeks 9-12: Peak volume/intensity (300-500 yards)

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## Pre-Season Phase (4-6 weeks)

**Primary Focus:** Transfer of speed to sport-specific movements

### Weekly Structure:

2 dedicated speed sessions

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1-2 sport-specific speed sessions

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1-2 strength maintenance sessions

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Increasing sport practice volume

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### Volume Adjustment:

Dedicated speed volume decreases (200-300 yards)

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Sport-specific speed volume increases

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Total sprint volume remains constant

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# YEAR-ROUND PLANNING FOR SPEED DEVELOPMENT

## In-Season Phase (12-20 weeks)

**Primary Focus: Maintenance of speed qualities**

### Weekly Structure:

1 dedicated speed maintenance session

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Speed integration into team practices

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1 strength maintenance session

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Full sport practice and competition schedule

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### Volume Management:

Dedicated speed volume minimized (80-150 yards)

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Total sprint volume monitored to prevent overtraining

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Quality over quantity in all speed work

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## Active Recovery Phase (2-4 weeks)

**Primary Focus: CNS recovery and preparation for next cycle**

### Weekly Structure:

No formal speed training

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Low-intensity movement sessions

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Active recovery activities (swimming, cycling, etc.)

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Minimal structured training

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### Recovery Guidelines:

Complete rest from high-intensity sprinting

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Address any mobility restrictions

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Rebuild foundational movement patterns

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Mental reset and goal-setting for next phase

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# YOUR SPEED DEVELOPMENT JOURNEY

Congratulations on completing the 6×1 Speed Formula and taking the time to understand your continued speed development journey.

## Remember these key principles:

1. **Consistency** is more important than intensity for long-term development.
2. **Quality** always trumps quantity in speed training.
3. **Recovery** is when adaptation occurs—respect its importance.
4. **Progression** should be gradual and methodical.
5. **Measurement** keeps you accountable and motivated.

The 1MPH gain you've already achieved puts you ahead of most competitors. Following this roadmap will not only maintain that advantage but continue to expand it throughout your athletic career.

We're always here to support your journey. For additional guidance or to schedule a reassessment of your speed metrics, contact us at:

✉ [info@trueap.com](mailto:info@trueap.com)

Here's to your continued success and development!

