Speed training

Speed training is a way of developing a performer’s speed over short distances. This is useful in almost all sports because speed can often be the difference between winning and losing. For example, footballers need to be able to cover a distance quickly to beat an opponent to the ball and tennis players need to be quick to reach the ball during a rally. Speed training should always be carried out in the speed zone of the training pyramid. It is of a very high intensity, so work periods should be short and frequent, and interspersed with lots of short rest periods. This makes speed training a type of interval training. It is generally accepted that a work-to-rest ratio of 1:6 is desirable. This means that a performer should work at a maximum level for a very short period, usually up to about 15 seconds, and then follow this with a rest period that is six times longer, repeating the sequence several times. There are three types of speed training:

- Hollow sprints
- Acceleration sprints
- Interval training

You are going to take part in a speed training session. After the session, summarize it in the space below: