

How To Increase Your Speed and Become Lightning Fast!

Come, discover how you can unleash your hidden powers and become faster than ever before! In this article, we will explore various techniques and exercises that will help you increase your speed and leave others in awe. Whether you are an athlete looking to improve your performance or an individual wanting to boost your overall agility, this is your ultimate guide to becoming lightning fast!

Why Speed Matters

Speed is a crucial factor in various aspects of life. Whether you are playing a sport, running for fitness, or simply trying to catch a bus, being able to move swiftly can make a significant difference. Furthermore, being fast not only enhances performance but also adds a sense of confidence and accomplishment.

Training Techniques to Improve Speed

1. High-Intensity Interval Training (HIIT)



How To Increase Your Speed

by Tonya Hurley (Kindle Edition)

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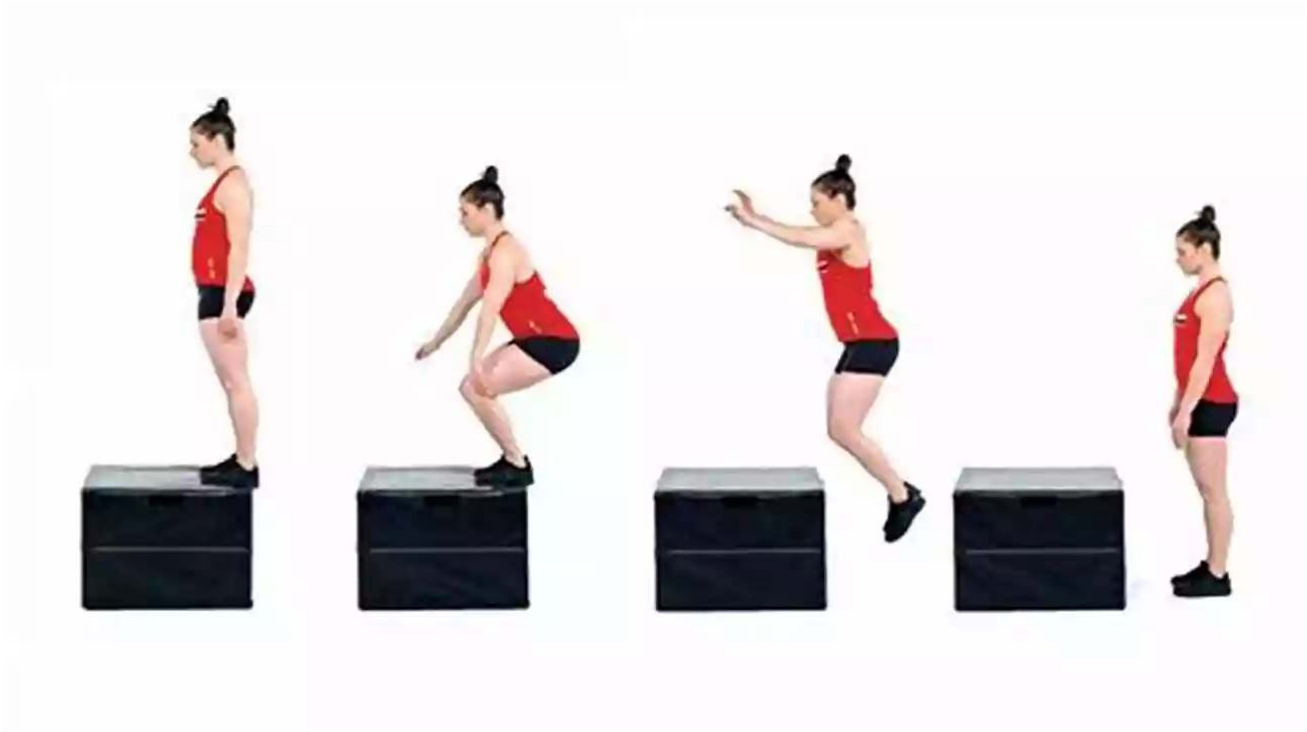


HIIT is a training method that alternates between intense bursts of exercise and short recovery periods. This form of training has been proven to improve speed and overall fitness levels. Incorporate HIIT into your routine by adding sprints, jumps, or other explosive movements.



2. Plyometric Exercises

Plyometric exercises focus on increasing explosive power and speed. Exercises like box jumps, tuck jumps, and lateral hops can help develop stronger leg muscles, improve coordination, and boost overall speed.



Proper Running Mechanics

Efficient running mechanics can significantly impact your speed. Pay attention to the following aspects:

- i. Posture: Maintain an upright posture and avoid leaning forward or backward.
- ii. Arm Swing: Keep your arms relaxed and swing them forward and backward, counterbalancing your leg movements.
- iii. Foot Strike: Land mid-foot to ensure optimal power transfer and minimize the risk of injuries.

The Importance of Strength Training

Strength training plays a vital role in increasing speed. Include exercises like squats, lunges, and deadlifts in your routine to strengthen your leg muscles and

improve overall power. Remember, a strong foundation leads to faster movements!

TOP 5 DRILLS TO IMPROVE YOUR ACCELERATION

Key exercises for beginner and advanced sprinters to improve technical proficiency and force production during acceleration

1. Marches (with hands on head)

Standing up straight with hands on your head. Raise one knee quickly until it's level with the hip, while maintaining a tall posture, then forcefully return it to the floor.

2. Skips (with hands on head)

Progressing from the marches with similar tall posture. Like a normal skip, the back leg should push forcefully into the ground as you drive your front knee up.

3. Arm Action

Arms in sprinter position. Initiate arm swing at the shoulders, driving your front arm back and your rear arm forward. Trunk should remain stable. Combine with marches and skips for bonus points.

4. Wall March

Leaning against a wall with your head, shoulders, hips, knees and ankles aligned. Actively drive your knee up towards your chest, keeping the other foot firmly on the ground. Keep your chest up, brace your core & alternate legs each 'step'.

5. Acceleration Positioning

1) On your mark position: thigh of your back leg perpendicular to the ground & your front shin parallel to the ground; shoulders over your hands. 2) Raise hips. 3) Drive both feet into the blocks, lean forward and pump those arms!



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Optimal Nutrition for Speed

Your diet plays a crucial role in fueling your body for speed. Focus on the following nutrition tips:

i. Adequate Hydration: Stay hydrated to perform at your best and avoid muscle cramps.

ii. Balanced Diet: Consume a diet rich in lean proteins, complex carbohydrates, and healthy fats to support muscle growth and recovery.

iii. Pre and Post-Workout Meals: Prioritize a balanced meal before exercise and a protein-rich meal after to optimize performance and facilitate muscle repair.

Rest and Recovery

Rest and recovery are essential components of any training program. Give your body enough time to recover between training sessions to prevent injuries and promote muscle growth. Sleep is also crucial for optimal performance, so make sure to prioritize a good night's rest.

The Power of Mental Conditioning

Believe in yourself! Mental conditioning is just as important as physical training. Visualize yourself moving with incredible speed, overcome self-doubt, and cultivate a positive mindset. Remember, your speed is not limited by your body but by your mind!

Persistence and Consistency

Improving your speed requires persistence and consistency. Set achievable goals, track your progress, and maintain a disciplined training routine. Rome wasn't built in a day, and neither will your blazing speed. Keep pushing forward, and you will witness remarkable improvements!

Unlock the potential within you and become lightning fast! By incorporating the training techniques covered in this article, paying attention to proper running

mechanics, focusing on strength training and optimal nutrition, allowing for sufficient rest and recovery, cultivating a strong mental state, and embracing persistence and consistency, you are on your way to achieving remarkable speed!



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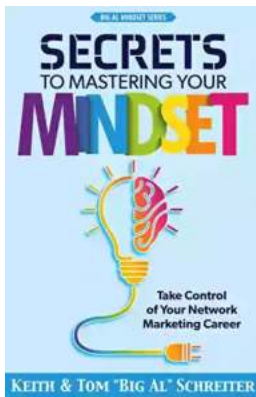
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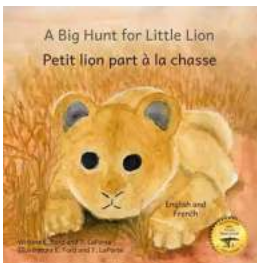
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