



Track & Field Performance Training

Training will improve athletes overall athletic ability including:

- **Improved Overall Speed and Quickness** – Enhance acceleration and maximum speed
- **Improved Sprint Technique** – Incorporate drills to enhance stride rate, stride frequency, and arm action
- **Improved Strength and Power**
 - Lower Body – enhance lower body power to explode out of the blocks
 - Core – increase stability, posture, and balance of the trunk
 - Upper Body – the upper body helps power the legs
- **Improved Functional flexibility** – Help prevent injuries, improve strength/power, and enhance sprinting technique



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