



Program Descriptions:

****TTS Burst Training Warm-Up****

Who does this program fit: All Twice The Speed Athletes!!

Goals: To properly warm up/recruit muscle fibers to the 600+ muscles needed in your body to run faster. This is considered more of a wake up, rather than a warm up.

Intensity: Low to Moderate Intensity

Length- Entire workout (90 days)

Frequency- This should be done at least before every workout (**ALL WORKOUTS**) but is recommended 3-5 times per week. ****Note**** If you are doing the Burst Training on an off day you do NOT need sprints...Just the Dynamic/Active Warm-Ups

****TTS First Step System****

Who does this program fit: This workout is for the athlete who doesn't get good starts and it takes a while for him/her to actually get to top speed.

Goals: To ignite first step quickness to blow away defenders/opponents right from the start.

Intensity: Low to Moderate Intensity

Length- 4 weeks

Frequency- 2 times per week with at least 48 hours of rest in between, along with the Burst warm-up 3-5 times per week.



****TTS Top Flight System****

Who does this program fit: For athletes who have the first step quickness but find it hard to accelerate. If you start a race ahead and then lose steam this is the program for you.

Goals: To increase top flight speed/acceleration

Intensity: Moderate Intensity

Length- 4 weeks

Frequency- 2 times per week with at least 48 hours of rest in between, along with the Burst warm-up 3-5 times per week.

****Novice Speed Program****

Who does this program fit: You most likely have not had much of a history with resistance training and lack the required strength needed to perform high intensity workouts. This program will build you the strength you need to start incorporating heavy resistance training/high intensity plyometrics.

Goals: To build functional leg strength/the foundation needed to continue to improve speed.

Intensity: Low to Moderate Intensity

Length- 90 total days

Frequency- If used on its own then the frequency should be 2 times per week on nonconsecutive days along with the Burst warm up 3-5 times per week.

****Advanced Speed Program****

Who does this program fit: You are a seasoned athlete who has spent at least a year in the weight room and knows how to properly perform exercises.

Goals: To add the already built foundation and create a fast twitch frenzy in your legs. This workout will take your speed to an entirely different level.

Intensity: Moderate/High Intensity

Length- 90 total days

Frequency- If used on its own then the frequency should be 2 times per week on nonconsecutive days along with the Burst warm up 3-5 times per week.