

Triphasic Speed Training Manual for Elite Performance:

Part 1; The Spring Ankle Model

Author: Chris Korfist

Chris Korfist has been a track coach for 22 years. After a productive stint as a graduate assistant at Northern Illinois University, he transitioned to coaching high school at an elite level. During this time Chris has coached high school football and track at Hinsdale Central, Downers Grove North and York High Schools. While coaching at these schools Chris has helped to produce an impressive number of elite performers. This group includes; 59 all-state track athletes, three individual state champions, two team state champions, three 2nd place team finishes, and two 3rd place finishes. His sprint relays at York High School have produced remarkable times, ranking as some of the fastest times in the history of the state of Illinois. He also currently owns and operates the Slow Guy Speed School, a training facility that focuses on running and athletic development. The alumni list at Slow Guy Speed School is very impressive all on its own as an additional 46 all-state athletes and six All Americans have trained there under Chris. Chris speaks frequently throughout the Midwest at various track clinics and is a founder of RPR Reflexive Performance Reset. He has also had opportunity to occasionally work with some Olympic sprinters and other professional athletes.

Author: Cal Dietz

Cal Dietz has been the Head Olympic Strength and Conditioning coach for numerous sports at the University of Minnesota since 2000. Since Dietz's return to Minnesota he has developed the Strength and Conditioning Programs and overseeing the daily progress in Men's Hockey from 2000-present, Men's Basketball from 2004-2010, Women's Hockey from 2003-present, Men's Golf from 2000-present, Women's Golf from 2006-present Men's Swimming from 2000-Present, Track and Field from 2000-present, Baseball from 2000-2007, 2010 -present, and Wrestling from 2000 to 2004. During his tenure, Dietz has trained: a Hobey Baker Award winner, two Big Ten Athletes of the Year, athletes that have achieved 500 All-American honors, 35 Big Ten/WCHA championships teams and 11 NCAA Team Champions, and 13 teams finish in the top four in the nation. He has consulted with Olympic and World Champions in various sports and professional Teams and athletes in the NHL, NFL, NBA, MLB, and Professional Boxing.

Editor and Contributor: DeRick O'Connell

DeRick has served in many leadership roles as a Regional Director of Sports Performance, Head Strength Coach and Senior Strength Coach in both private and corporate settings. He has worked with athletes on over 35 professional teams and 60 Division 1 teams. He was a member of the Medical Advisory Board in a joint venture between Hackensack University Medical Center and the New York Giants. DeRick has made multiple stops with the Strength and Conditioning Department at the University of Minnesota where he currently is. He is also

the Performance Manager for Team Gomez, professional fight team, and Director of Sports Performance at Breck School as well as serving as an Editor and Contributor to other works.