

Triphasic Training: Speed Manual

Volume 1

Table of Contents

1.0 – Introduction

1.2 – Three Function of the Foot

1.2 - Tripod Video

1.3 – Identifying Problematic Issues Through Foot Wear

1.3 - Foot Wear Video

1.4 – Locating the Proper Tripod

2.0 - What are the first steps in gaining a greater range of motion in the foot and ankle?

2.0 - Big Toe Flex Video

2.1 – Breaking Up the Foot

2.1 - Break Up Big Toe Video

2.2 – Final Touch on the Foot

2.3 – The Velociraptor Toe

2.3 - Short Foot Video

2.3 - Toe Claw Video

3.0 – The Ankle Rocker

4.0 – Modified Spring Ankle Test

4.0 - Spring Ankle Test for Athletes Part 1

4.0 - Spring Ankle Test for Athletes Part 2

5.0 – Progressing into Isometric Strength Patterns

5.1 – Toe Positions

5.1 - Spring Ankle 1

5.2 - Spring Ankle Position 1 - with Level 1 Loading

5.3 – Spring Ankle Position 2 - with Level 1 Loading

5.4 – Spring Ankle Position 3 - with Level 1 Loading

5.5 – Spring Ankle Position 4 - with Level 1 Loading

5.6 – Spring Ankle Position 5 - with Level 1 Loading

5.7 - Key Coaching Points for the 5 Spring Ankle Positions

5.7 - Summary of Spring Ankle Model

5.7 - The 2 Close up View Foot Positions for Spring Ankle Exercises

5.7 - Speed Manual Positions Spring Ankle Positions

6.0 – Next Level Spring Ankle Exercises: Applying External Resistance

6.1 – Level 2 Loading

6.2 – Level 3 Loading Alternative Example

6.2 - Level 3 Loading Example of Spring Ankle Position 2

6.3 – Loading the Ankle While Squatting

7.0 – The Importance of Co-contractions

7.1 – Training Co-contractions

7.1.1 Co Contraction Co Activation and Injury Part 1

7.1.2 Co Contraction Co Activation and Injury Part 2

8.0 – Addressing Heel Spin

9.0 – Two Parts of The Foot

10.0 – Single Leg Clean

11.0 – Progressing to Sprinting

11.1 - Optimal Off Season Speed and Conditioning Guidelines for Lifting and Running for Sprinting Sports

11.2 - Technique Considerations Example 1

11.3 - Technique Considerations Example 2

11.4 - Technique Considerations Example 3

11.5 - Technique Considerations Example 4

11.6 - Technique Considerations Example 5

11.7 - Technique Considerations Example 6

11.8 - Technique Considerations Example 7

11.9 - Technique Considerations Example 8

11.10 - Technique Considerations Example 9

11.11 - Deep Squats can make Athletes Slower or Faster, Understand Why Part 1

12.0 - Triphasic Ranged Plyometric Method Section

12.1 - Triphasic Ranged Plyometric Method Part 1

12.2 - Triphasic Ranged Plyometric Method Part 2

12.3 - Triphasic Ranged Plyometric Method Part 3 ASFM

12.3.1 - Triphasic Ranged Plyometric Method Part 3.1 Coaching the ASFM Plyo

12.4 - Triphasic Ranged Plyometric Method Part 4 Thrust Method

12.4.1 - Triphasic Ranged Plyometric Method Part 4.1 - Coaching the Thrust Method

12.4.2 - Triphasic Ranged Plyometric Method Part 4.2 - Coaching the Thrust Method

12.5 - Triphasic Ranged Plyometric Method Part 5 Top Range Top Speed

12.6 - Triphasic Ranged Plyometric Method Part 6 Programming Consideration

12.7 - Triphasic Ranged Plyometric Method Part 7 Box Drop Jump Method

12.8 - Triphasic Ranged Plyometric Method Part 8 Box Drop Jump Method

12.9 - Triphasic Ranged Plyometric Method Part 9 Box Drop Jump Method

12.10 - Triphasic Ranged Plyometric Method Part 10 French Contrast and Potentiation Cluster

13 - Peaking Programs for Speed development in the weightroom

13.1 - Program Examples 3 Day Program Day 1

13.2 - Program Examples 3 Day Program Day 2

13.3 - Program Examples 3 Day Program Day 3

13.4 - Program Examples 4 Day Program Day 1

13.5 - Program Examples 4 Day Program Day 2

13.6 - Program Examples 4 Day Program Day 3

13.7 - Program Examples 4 Day Program Day 4

13.8 - Program Examples 5 Day Program Day 1

13.9 - Program Examples 5 Day Program Day 2

13.10 - Program Examples 5 Day Program Day 3

13.11 - Program Examples 5 Day Program Day 4

13.12 - Program Examples 5 Day Program Day 5

13.13 -Oscillatory Contractions (OC's)

13.14 - The Art of Peaking

13.15 - High Contraction Velocities Video Part 1

13.16 -High Contraction Velocities Video Part 2

13.17 - Two-Spring Model

13.18 - Triphasic Training Throwers Manual Speed 3 Day - DAY 1

13.19 - Triphasic Training Throwers Manual Speed 3 Day - DAY 2

13.20 - Triphasic Training Throwers Manual Speed 3 Day - DAY 3