SPEED GAINS

STARK STRONG
EMPOWERING LIFELONG ATHLETES

PURPOSEFUL RUNNING MADE SIMPLE IN FOUR EASY PILLARS

MOST ATHLETES DON'T ACTUALLY KNOW HOW TO RUN

With videos on every platform we stream, many coaches and athletes oftentimes search for the "fluffiest" drills to do thinking it will benefit them in terms of performance training. However, the athletes who buy-in to the foundational work of core movement find that not only do they excel in every check box, but they also find themselves with the least amount of injuries. Master the derivations of basic movements, simplify, and apply with quality.

If your growing athlete is looking to not only stay injury free but also gain strength, speed, and power ultimately prolonging their career to get to the next level; or if your athlete is serious and eager to learn the HOW and WHY behind movement…

this training is FOR YOU!

1. SPINAL ALIGNMENT

Spinal alignment…. exactly what that sounds like.
Your spine is straight from top to bottom.

But what many don't pay attention to is where that starts and ends. It's clear when someone has bad posture through the middle of their back, but what about where their neck is?

Your spine stars at the bottom of your head and ends at essentially the top of your butt crack. So if your head is looking the wrong direction, your neck is pulling your spine in that direction.

For example, on acceleration we want to push OUT. If we look up, our entire spine will follow and we will rise much too quickly without gaining the forward distance we need.

On the other hand, if our hips are tucked in or out, this will cause our momentum to shift down or back. It will also hinder our range of motion, again taking away from our ultimate goal of efficiency in running.

This is just one forward speed example. We could continue with decelerating, changing direction, etc.

2. HIP PROJECTION

Hip projection is the act of getting our hips moving the direction we want to go.

If we want to go somewhere HIPS GOTTA MOVE!

As we push the ground away, hips should be projecting forward. Forward can be lateral, backwards, at an angle, whatever direction we need to go next!

Have you ever seen someone run with their butt sticking out behind them? Probably not too fast, no?

Ok, now next question….. answer in your head honestly before reading on.

If our spine is truly in alignment and our hips are projecting, what other body part should be projecting forward?

What's your answer???

If you answered your shoulders, you are correct. As you push the ground away with your feet and legs, your hips and shoulders continue to move forward.

3. SWITCH

Switch is how we move from our left to right.

We don't want to step, yet SWITCH on time.

Stepping results in longer transition times between legs, more time spent on the ground, more time wasted in the air, and often poor foot placement.

Switching however, provides a faster, MEANER contact with the ground leading to ultimate efficiency.

4. STIFFNESS

Stiffness, FULL BODY STIFFNESS, is necessary to attack the ground correctly….. instead of letting the ground attack you.

If I have a ball of socks in one hand and a lacrosse ball in the other and I throw that ball of socks onto the ground, what happens?

It collapses into the ground, goes nowhere, and definitely isn't athletic.

But now the lacrosse ball, what happens when that hits the ground? It bounces back with speed and power.

Do you want to be a collapsing ball of socks, or an aggressive lacrosse ball??

Lacrosse ball? Ok, thought so.

THAT. SIMPLE.

SO ARE YOU READY…..

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...TO TAKE YOUR GAME TO THE NEXT LEVEL?!

If you take injury prevention for your athlete's longevity seriously, and you both have high expectations of quality training….

go to https://calendly.com/stark-strong-performance/15-minute-call

to schedule your free call with me to map out your exact roadmap and training schedule to meet your needs.

More info and links to my calendar available at:

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