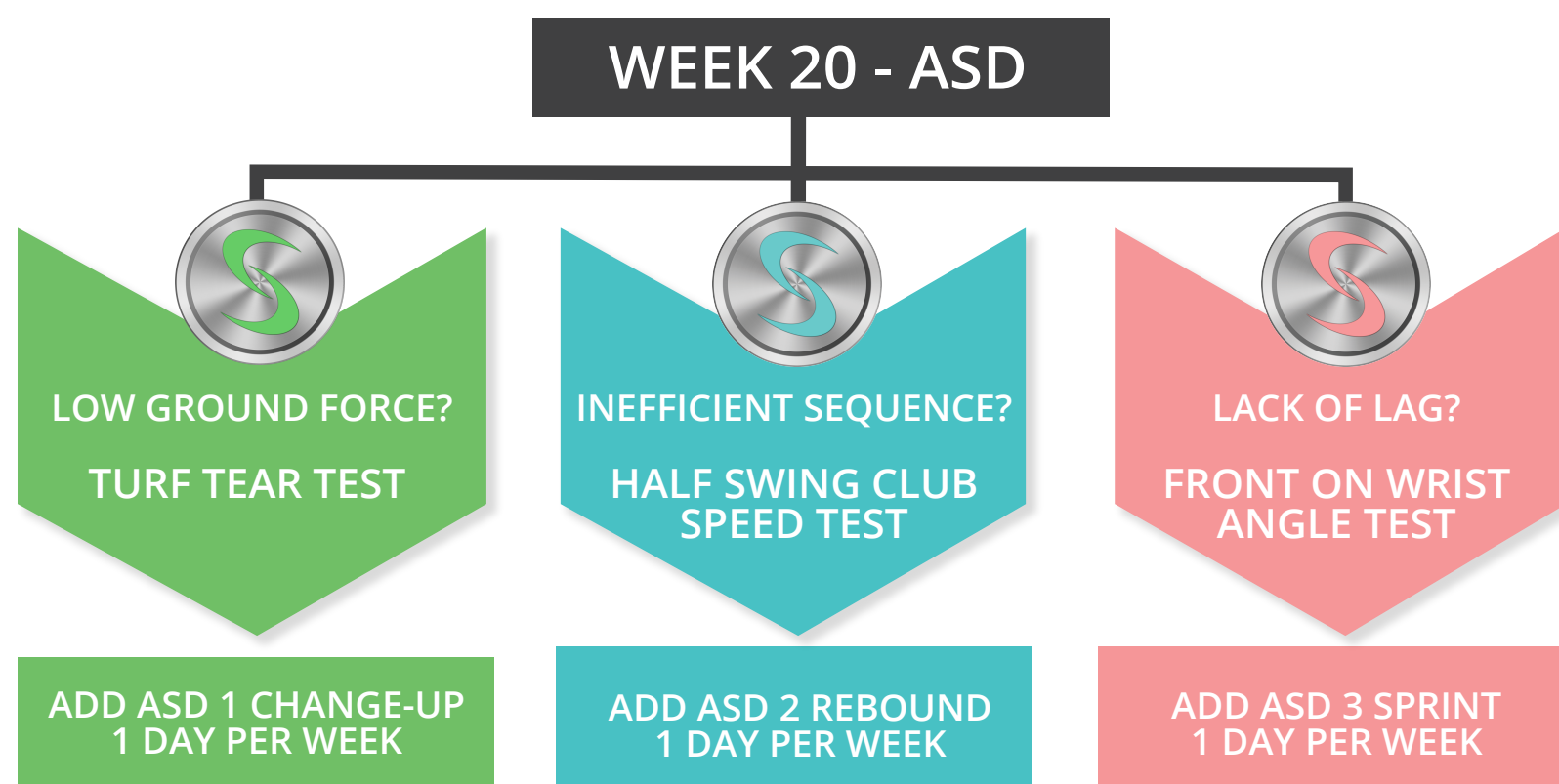


ADVANCED SPEED DEVELOPMENT

During the level 3 protocol, at week 20, we recommend you start identifying your individual weaknesses so that you can personalize your training program to maximize your speed gains. SuperSpeed's 3 components of speed are ground forces, sequencing, and lag. We have created manual tests to measure each component to determine if you need to implement an ASD protocol into your training program once per week.



1. Test for each component of speed using the manual tests described below.

2. For each test you fail, implement the ASD protocol one day per week. Continue to perform level 3 protocol for the remaining 2 days per week. Once you pass the test you can stop performing the ASD protocol.

3. If you fail more than one test, start with ASD-1 and then once you pass that test you can move onto implementing the next ASD protocol.

	POSITION	LIGHT	MEDIUM	HEAVY
1	Step-Change	3 each side	3 each side	3 each side
2	Step-Back	3 each side	3 each side	3 each side
3	Heel-Stomp	3 each side	3 each side	3 each side
4	Double-Step	3 each side	3 each side	3 each side

Alternate dominant and non-dominant each rep

Ground Force Mechanics

Turf Tear Test

Hit 5-10 balls using a driver and look to see if you tear any turf under your feet. This can indicate how much you're using the ground. If you don't see any turf tear, replace one SuperSpeed training session per week with the Change-Up protocol until you pass the test.

Using Technology: BodiTrak Pressure & Force mat or force plates

	POSITION	LIGHT	MEDIUM	HEAVY
1	Kneeling Rebound	6 Dominant	6 Dominant	6 Dominant
2	Standing Rebound	6 Dominant	6 Dominant	6 Dominant

Kinematic Sequencing

Half-Swing Club Speed Test

Set the radar up inline with ball position, move it 2 inches behind the ball and angle it toward the trail foot. Hit 5-10 balls with a driver using a half swing. If the club speed wasn't within 7% you need to work on your kinematic sequence by replacing one training session per week with the Rebound protocol. You can stop performing this ASD protocol when you pass the test.

Using Technology: KVest

	POSITION	LIGHT	MEDIUM	HEAVY
1	Standing	8 Dominant	8 Dominant	8 Dominant
2	Standing	8 Dominant		

Each set of 8 reps in rapid succession

Lag

2D Video Face On

Record a video from face on with a driver. Use drawing tools to measure the angle between your forearm and wrist. Measure at the top of the backswing and the start of the downswing. If the angle increases as they start the downswing you need to work on your lag. If you don't see any lag, replace one SuperSpeed training session per week with the Sprint protocol. You can stop performing this ASD protocol when you pass the test.

Using Technology: HackMotion or KVest