

BIGGER FASTER STRONGER



Dedicated to Helping Athletes Since 1976

***THE
TOTAL
PROGRAM***

**SPEED AND
CONDITIONING
PROGRAM**



CHANGE THE GAME

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The BFS Dot Drill not only warms-up your muscles but it also increases your agility. The Dot Drill will be hard at first. It is tiring and you may appear clumsy. However if you will do it six times a week, in a very short time, improvement will come rapidly. You can have quick feet in a month or two.

Each athlete should set two goals. The first goal is to do the Dot Drill 6 times per week and the second goal should be to increase speed. BFS Dot Drill Video available.

To do the Dot Drill, five dots need to be placed on the floor. It works best if 4" round dots are painted on the floor. Some coaches paint many stations for larger groups. An athlete at home can use anything approved by his/her parents to mark the dots (i.e. masking tape). BFS sells a Dot Drill Pad that has a great non-slip surface with integrated dots visit biggerfasterstronger.com for more information

THE DOT DRILL IS MADE UP OF FIVE DIFFERENT DRILLS, EACH DONE SIX TIMES.

1. UP AND BACK

- A. Start with feet on A and B.
- B. Now jump quickly to C with both feet
- C. Then jump and split feet to D and E.
- D. Come back the same way jumping backward.
- E. Repeat 5 more times.

2. RIGHT FOOT

- A. Your feet from up-and-back should end on dots A and B.
- B. Now go to dot C with your right foot.
- C. Now go in order: Dot D, E, C, A, B.
- D. Repeat 5 more times.

3. LEFT FOOT

- A. You will end the right foot drill on Dot B.
- B. Now go to dot C with your left foot.
- C. Now go in order: Dot D, E, C, A, B.
- D. Repeat 5 more times.

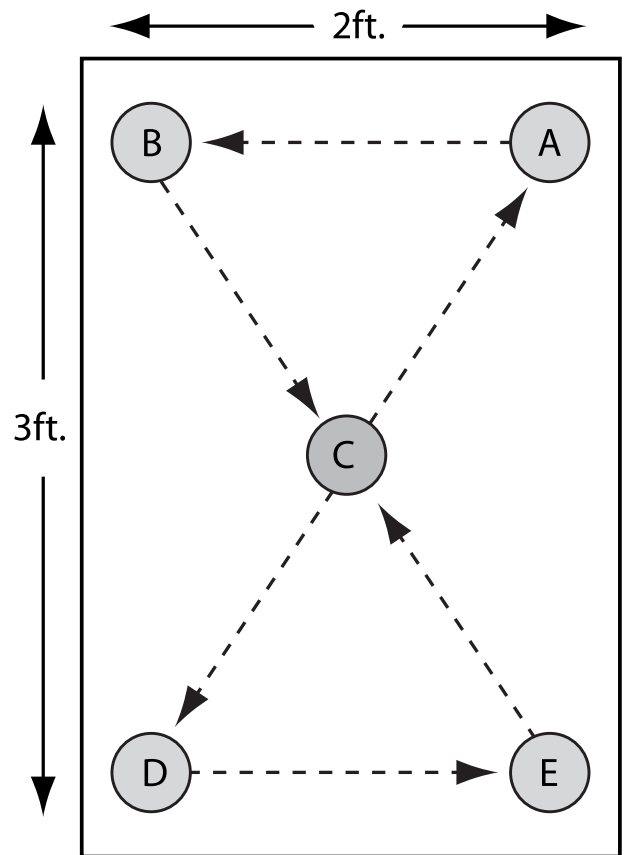
4. BOTH FEET

- A. You will end the left foot drill on Dot B.
- B. Now go to C with both feet.
- C. Now go in order with both feet: Dot D, E, C, A, B.
- D. Repeat 5 more times.

5. TURN AROUND

- A. You will end the Both Feet Drill on Dot B. Now go to C with both feet.
- B. Now go to dots D and E spread apart both feet as in the up-and-back (Drill #1).
- C. Now quickly jump 180° clockwise to face the other way. You should still be on D and E.
- D. Hit C with both feet and then A and B with feet split.
- E. Now turn quickly again with a 180 spin to the left with your feet still on A and B.
- F. Repeat 5 more times.

DOT DRILL DIAGRAM



DOT DRILL STANDARDS	
Under 50 seconds:	Super Quick
50-60 seconds:	Great
60-70 seconds:	Average
70-80 seconds:	Need work
Over 80 seconds:	Slow



Each exercise should be held either once for 30 seconds or for 3 repetitions of 10 seconds each. The stretch should not be done with a bounce but worked in a slow and controlled manner. Stretch every day and work with intensity.

The 1-2-3-4 stands for One Minute on the Bench, Two Minutes in the Air, Three Minutes on the Wall and Four Minutes on the Floor.

THE DOT DRILL IS MADE UP OF FIVE DIFFERENT DRILLS, EACH DONE SIX TIMES.

1 ON THE BENCH

Hamstring & Back Stretch

Keep leg locked at knee and toes vertical. Switch to the other leg after 30 seconds.



2 IN THE AIR

Latissimus Stretch

Cross your hands and raise your arms above your head and as far back as possible.



Pectoral Stretch

Cross your hands behind your back, raise your arms up and back as far as possible. Stand tall.



3 ON THE WALL

Calf Stretch

With hands on the wall for balance, move hips forward and push back heel down. keep leg straight. Switch after 30 seconds.



Achilles Stretch

Same as Calf Stretch but slightly bend knee, keep heel 1" off the ground & squat down increasing load on Achilles tendon.



Quadriceps Stretch

Take one hand off the wall, and grab foot. Pull leg straight up and away from buttocks. Knee should be at a 90° angle



4 MINUTES ON THE FLOOR

Abdominal Stretch

Lay flat on the floor, put hands on the floor shoulder width apart, extend elbows creating an arch in the back. Relax.



Adductor Stretch

With feet as far apart as possible, grab ankles or feet and pull the torso slowly toward the floor. If you can't reach your toes then place two fists on the floor behind you and push forward.



Groin Stretch

Sit with bottom of feet together, grab feet or ankles, pull in and press down with elbows on the thighs toward the floor.



Gluteus Maximus Stretch

Twist torso with opposite arm. Press knee firmly with arm, forcing the knee to the other side of the lower leg then switch after 30 seconds.



Hip Flexor Stretch

Place front foot two feet in front of knee, place hands on knee and force hips forward and down. Spread the chest - eyes straight ahead. Make sure the front lower leg is perpendicular.



**THE SPEED PROGRAM**

Remember, perfect technique is the #1 emphasis with the BFS Speed Program. Faster times will follow perfect technique. The Speed Program is as follows:

1. Start with a Sprint Learning Session with focus placed on the following body areas:
 - Two 30-50 yard sprints with focus on the Head and Eyes
 - Three 30-50 yard sprints with focus on the Back, Arms and Wrists
 - Three 30-50 yard sprints with focus on the Legs, Knees and Feet
 - One additional sprint with focus on any problem area
2. Do 5 practice starts with a 10 yard sprint.

A good start can shave a good tenth of a second off your time. The following is the BFS

3. Finish with 5 full-speed sprints.

THE FOLLOWING IS A LIST OF POINTS THAT PRODUCE RESULTS IN SPEED IMPROVEMENT:

1. Sprint 2 to 3 times a week
2. Sprint 10 to 100 yard distances.
3. Get timed once or twice per month. Record and chart all times. A stop watch or a Speed Trap (see page 19) may be used to time the sprints.
4. Sprint year-round: Weather not permitting, sprint 20 or 30 yard distances. A 3.0 second 20 yard sprint is relative to a 5.0 second 40 yard dash.
5. Use video analysis to evaluate sprint form.
6. Incorporate a flexibility routine a minimum of six times per week (see page 4).
7. Do plyometrics a minimum of two times a week (see page 14).
8. Parallel Squat once a week; you must squat down to a position where the upper thigh is parallel to the ground.
9. Straight Leg Deadlift twice a week. This is a secret which very few people know about. This builds and stretches the glutes and hamstrings at the same time. It is critical to speed improvement. Use a weight that is 40% of your Parallel Squat max and do 2 sets of 10 repetitions.
10. Do Cleans once a week. This helps tremendously in developing sprint starts.
11. Practice the 8-Point Sprint Learning Sessions 2 to 4 times a week.

THE START

The best way to start your forty is to use a stance similar to a sprinter's stance. You want your legs close together. The lead leg should be about four to six inches back from the starting line. The back leg could vary, but the ball of the foot should dig and plant deeply into the ground. It's a cramped, uncomfortable position that should feel like a snake that's coiled and ready to strike. Just before you get ready to explode forward out of your coiled stance, the hips should raise up higher than the shoulders. The shoulders should lean over the line with the head down. Do not raise your head up.

There are two reasons. First, it would tend to pop you up too soon rather than keeping you low at the beginning of your sprint. Second, lifting the head up makes you tight; and keeping relaxed is important. Remember, the key is to get a good forward body lean.

Another trick is to raise the arm opposite from the back leg way up above the hips. The idea is to punch out hard to force you into an explosive start. It should throw you out of your stance. When you explode forward, I concentrate on the first three steps. When you punch out with your arm, your back leg will automatically explode forward. Keep your head down and look where your first steps will be.

Those first three steps are all power. These steps perpetuates everything that follows.



READY Position: Place the lead leg about 4 to 6 inches back from the starting line.



SET Position: Raise the butt higher than the shoulders. Push your arm back as far as possible. Lean as far forward over the line as you can without falling over.

ON GO, THE RAISED ARM SHOULD PUNCH FORWARD AND PROPEL YOU OUT OF THE STANCE.



SPRINT LEARNING SESSIONS

Each athlete should participate in a Sprint Learning Session (SLS) two to four times a week, in-season and off-season. These sessions can be done in groups or individually. Critique by a coach, parent or teammate is important.

Improving running technique is the sole purpose of SLS's. Up to 9, half-speed sprints should be run and evaluated each session. There are eight points of the body that should be evaluated: the head, eyes, back, arms, wrists, legs, knees and feet (see the 8 Point Checklist to the right). Each of these eight points fall into one of three body areas: the head, torso or legs. With each half-speed sprint, a different area should be focused on. Learning speed technique is accomplished through constant weekly repetition and can only take place when the body and mind are fresh.

HERE IS A LIST OF GUIDELINES FOR SLS'S

- The learning sessions should be done directly after the warm-up and flexibility period.
- Up to 9 half-speed sprints should be done per session which can be divided into 3 sprints per body area. If one area proves more difficult for the athlete, more sprints can be done concentrating on that area while doing fewer sprints for the other areas. However, nine learning sprints should be enough no matter how the sprints are divided.
- The distance for each sprint should be 30-50 yards with recovery time being 15-20 seconds (about the time it takes to walk-back).
- Each sprint should be 1/2 to 3/4 speed and never full-speed for learning purposes.
- The SLS should never be considered a part of the athletic conditioning but only part of the learning process.

8-POINT CHECKLIST

HEAD

- 1. HEAD** - The head should be held up parallel to the ground.
- 2. EYES** - The eyes should be fixed on a target straight ahead.

TORSO

- 3. BACK** - The back should be upright and locked in.
- 4. ARMS** - The shoulders should stay loose with elbows fixed at a 90 degree angle. The elbows should thrust back and up quick and hard. The arms should never swing across the body but should swing straight forward and straight back.
- 5. WRISTS** - The wrists should simulate a whip action as the shoulder rotates back.

LEGS

- 6. LEGS** - Initial leg action is to lift forward and then up.
- 7. FEET** - Feet should make the initial plant directly under the hips and not out in front of the body. The toes should be kept up -- Don't let the foot drop. The toes should not point in (pigeon toed) or out (duck feet) but should point straight ahead.
- 8. KNEES** - At end of the leg drive, the knee should fully extend.



SPEED DRILLS

Speed drills are meant to augment the BFS Speed Program but should never replace the Speed Program. Some speed drills are designed to isolate the different movements involved in sprinting in order to evaluate and improve technique such as the General Speed Drills (this page) and Specific Speed Drills (see page 12). Other drills are designed to improve agility and foot quickness as with the agility circuit (see page 13), the Dot Drill (page 3), Jump Roping, etc. Devices such as sprint chutes and sprint sleds (page 16) can be used to increase running power. It is usually best to pick only a few drills each sprint workout day.



THE A-RUN

The purpose of the A-Run is to develop quick foot transfers. During this run, concentrate on getting the knee high then thrusting the foot back down hard and quick. The runner should not just stride but should get the knees up. Come down hard and fast on the heel in order to get a good rotation and the feeling of a quick turnover.

TEACHING TIPS:

Emphasize a quick transfer from one leg to the next. The faster the leg comes down and the faster the runner's weight is transferred to that leg the better. Also make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.



THE A-RUN WITH EXTENSION

The purpose of this drill is to help develop quick foot transfers and to teach good leg extension. During this run, concentrate on getting the knee high, reaching out with the leg and then pulling the heel quickly down to the ground.

TEACHING TIPS:

Emphasize quick movements. The faster the leg comes down and the faster the runner's weight is transferred to that leg the better. Also make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.





BUTT KICKS

Butt Kicks help develop an extended range of motion while stretching the quadriceps. Simply kick your heels all the way back until they come in contact with the butt. Then bring them straight down.

TEACHING TIPS:

Make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.



HIGH KNEES

High knees help develop good knee height for faster sprints. They also stretch the glute and hamstring muscles. The runner should hold both hands up in a stationary position. While running, the runner should thrust the knee up as high as possible. The knee should go higher than hip level.

TEACHING TIPS:

Make sure the knee gets as high as possible. Quickness should also be emphasized. Also make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.



STEP LUNGES

Step Lunges develops balance, hip & leg strength, hip & leg coordination and teaches good leg extension. It is important to go very slow and controlled. The runner should step out as far as possible, plant the foot, let the back knee touch the ground, push off with the back leg and thrust back up with the front leg.

TEACHING TIPS:

Make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.





THE POWER SKIP

The Power Skip helps develop quick explosive movements and strengthen the tendons and muscles in the ankles. It also stretches the glute and hamstrings. During this run, the runner should power the knee up then snap it down and back with a quick, hard movement.

TEACHING TIPS:

Emphasize a quick transfer from one leg to the next. The faster the leg comes down and the faster the runners weight is transferred to that leg the better. Also make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.



BOUNDING

Bounding develops quick explosive movements while strengthening the tendons and muscles in the ankles, glutes and hamstrings. It also improves knee height and balance. Try to bound as high and far as possible while maintaining good balance.

THERE ARE TWO VARIATIONS:

1. Arms go back and forth like a regular sprint.
2. Both arms go forward and back together as in jumping (as shown).



SIT AND PUMP

The Sit and Pump drill emphasizes the importance of arm swing. It develops quick and strong arm movements. It also stretches and strengthens the arms. Sit on the ground and pump arms faster and faster until almost bouncing off the ground.

TEACHING TIPS:

Emphasis punching the elbow back as far and high as possible. Also emphasis loose shoulders and wrists. The wrists should whip back because they are so loose. Don't allow tensed shoulders. Make sure the athlete keeps the head up and focused, the chest spread and the lower back locked in.



REST TWICE AS LONG AS THE RUN TAKES BETWEEN EACH SET

WEEK 1	ALL ATHLETES
Day 1	1x800m at a good pace & 2x400m at a good pace
Day 2	2x800m at a good pace & 3x400m at a good pace

	BIG ATHLETES			MED ATHLETES			SKILL ATHLETES		
	Distance	Goal	Rest	Distance	Goal	Rest	Distance	Goal	Rest
WEEK 2 Day 1 & 2	6 x 100m	00:22	01:00	6 x 100m	00:22	01:00	6 x 100m	00:20	01:00
WEEK 3 Day 1 & 2	4 x 200m	00:40	02:00	4 x 200m	00:38	01:54	4 x 200m	00:36	01:48
	8 x 100m	00:20	01:00	8 x 100m	00:19	00:57	8 x 100m	00:18	00:54
WEEK 4 Day 1 & 2	4 x 200m	00:40	02:00	4 x 200m	00:38	01:54	4 x 200m	00:36	01:48
	8 x 100m	00:20	01:00	8 x 100m	00:19	00:57	8 x 100m	00:18	00:54
WEEK 5 Day 1 & 2	4 x 200m	00:38	02:00	4 x 200m	00:36	01:48	4 x 200m	00:34	01:42
	8 x 100m	00:18	01:00	8 x 100m	00:17	00:51	8 x 100m	00:16	00:48
WEEK 6 Day 1 & 2	4 x 200m	00:36	01:48	4 x 200m	00:34	01:42	4 x 200m	00:32	01:36
	8 x 100m	00:17	00:48	8 x 100m	00:16	00:48	8 x 100m	00:15	00:42
	6 x 50m	00:08	00:24	6 x 50m	00:07	00:21	6 x 50m	00:07	00:21
WEEK 7 Day 1 & 2	4 x 200m	00:34	01:42	4 x 200m	00:32	01:36	4 x 200m	00:30	01:30
	8 x 100m	00:16	00:48	8 x 100m	00:15	00:45	8 x 100m	00:14	00:42
	10 x 50m	00:08	00:24	10 x 50m	00:07	00:21	6 x 50m	00:07	00:21
WEEK 8 Day 1 & 2	4 x 200m	00:34	01:42	4 x 200m	00:32	01:36	4 x 200m	00:30	01:30
	8 x 100m	00:16	00:48	8 x 100m	00:15	00:45	8 x 100m	00:14	00:42
	10 x 50m	00:08	00:24	10 x 50m	00:07	00:21	6 x 50m	00:07	00:21



The BFS Speed Endurance Test Should Be Administered Twice Yearly

SPEED ENDURANCE TEST RULES

1. An athlete that starts early will receive a two second penalty.
2. Athletes are not to ask recorder for individual times.
3. All athletes must pass the test (except incoming freshmen) or must retest within 48 hours.

TEST 8X100M	BIG ATHLETES	MEDIUM ATHLETES	SKILL ATHLETES
REST TIME / PER SET	:48 / 100M SPRINT	:45 / 100M SPRINT	:42 / 100M SPRINT
BEGINNING	ANY SCORE	ANY SCORE	ANY SCORE
GOOD	:19	:18	:17
GREAT	:17	:16	:15
ALL-STATE	:16	:15	:14
ALL-AMERICAN	:15	:14	:13

Note: rest for two minutes between the first section of the test and the second section

TEST 12 X 50M	BIG ATHLETES	MEDIUM ATHLETES	SKILL ATHLETES
REST TIME / PER SET	:24 / 50M SPRINT	:21 / 50M SPRINT	:21 / 50M SPRINT
BEGINNING	ANY SCORE	ANY SCORE	ANY SCORE
GOOD	:8.5	:7.5	:7.5
GREAT	:8	:7	:7
ALL-STATE	:7.5	:6.5	:6.5
ALL-AMERICAN	:7	:6	:6



The BFS Plyometric Program takes 10 minutes. It includes four phases: 1-Vertical Jumps, 2-Standing Long Jumps, 3-Box Jumping and 4-Standing Box Jump.

1. BACKWARDS RUNNING (25 YARDS)

Keep chest over knees, do NOT stand up and lean backwards. Pump arms as if you were running forwards and keep all body parts moving in a straight line. Work hard on form.

2. SQUARE RUNNING

Begin by running a carioca down one side of square facing away from middle of square. As you hit corner switch to backward running the next side. At the next corner switch to carioca again facing middle of square this time. At last corner plant and sprint the final side. Always strive for correct form.

3. SHUTTLE RUN

Same as in fitness testing only you must touch a tire instead of picking up a block.

4. JUMPING ROPE

Extremely important in developing foot speed and coordination. Try to increase the number of jumps per minute and decrease the number of misses. Jump first with both feet, then right foot, and then left. Jump rope whenever possible.

5. ZIG-ZAG RUNNING

Run as fast as you can through the cones emphasizing sharp one steps. Cuts. Cut to right of first cone, left of the second, etc. Until course is completed.

