

Speed Training for Fitness Competitors and Competitive Aerobics

The tempo of competition routines in the top of the world is extremely fast. The speed in competition is the ability to execute different technical elements fast. Speed training is quite close to strength training. It is sometimes very difficult to separate speed training from speed strength training. Speed for competitions requires skill to some extent.

Speed training should be in the training program around the year. There are two main ways to train speed for competition; speed training with aerobic-moves, and general speed training. Usually in the beginning of the training year speed training is performed with general (track & field) methods.

Practical examples of speed training in the basic conditioning period are different running or cycling sprints, plyometrics and medicine ball throwing. The use of trampoline helps with the fast lifting or opening the legs.

Speed training with competition-elements is executing different moves as fast as possible, either as single elements or as combinations. In all speed training the basic rules of speed training should be considered, without obeying these rules the training creates only little or no improvement in speed.

THE BASIC RULES OF SPEED TRAINING

1. Execution tempo

The execution tempo - You must try to perform the move faster than ever before.

2. Concentration

In the moment of execution there should be nothing else than the maximal execution on your mind. A fast execution also needs aggression and willpower.

3. Tiredness

Speed cannot be trained if the muscles are tired. You must rest and recover perfectly from the previous workout before speed training. Speed drills should be located in the beginning of the workout, right after the warm-up.

4. Loads, length and number of sets

Sets are short, the length of the sets between 6 and 10 seconds. The load is light for fast execution. Recovery between sets must be as complete as possible the minimum resting time is 3 minutes. The total amount of sets in one training session can be max. 20.

TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.

