



SPEED POWER
& STABILITY SYSTEMS



POWER SPEED SLED



INSTRUCTION MANUAL

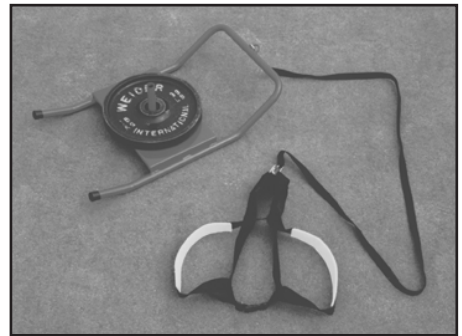
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Congratulations for purchasing one of the simplest, effective, and popular speed development devices on the market today! You are about to join the thousands of sportspeople who have benefited from rapid improvements in speed, power, and anaerobic training ability.

What is Tow Sprinting?

Tow sprinting is the most simple and effective means of adding a load to your sprinting motion. Sometimes termed sport loading, dynamic resistance, or speed strength training this



Power Speed Sled resists your sprinting by the towing a weight behind you. The Sled has the following advantages over Power Speed Resistor training which requires a partner to resist your running.

- You can train on your own
- You can run at maximal a speed which has a stronger transfer to speed development.
- You can attain much longer loaded sprint distances of up to 100m.
- You can accurately overload as you get stronger by increasing the amount of weight on the Sled that means you do not reach "plateaus" in your training.



Tips

The Sled can be towed without any weight if you are a beginner or up to 50 kg if you are an advanced athlete working over short distances. Control the weight on the Sled to suite your needs and strength levels.

Distances towed can be anywhere from 10-100m. The shorter the distances run the heavier the load should be to develop explosive acceleration power. The longer the distance the lighter the load with the emphasis being on speed endurance.

Progressively increase the weight on the Sled over a period of time. Do not tow too heavy too soon.

The level of fitness, training experience, sport, and stage of the year will influence the distances, rest periods and volume of weekly sessions you complete.

Generally speaking:

- Distances- 10- 100m
- Repetitions- 6- 10
- Rest periods- Full Recovery
- Volume 1- 3 sessions each week depending on the stage of the year and time spent on other training components.

Rest periods should be long enough to ensure near full recovery between repetitions if speed development is to be maximised.



Towing the weighted Sled overloads your drive muscles and forces the nervous system to recruit greater “work” which in turn improves your ground force production and corresponding explosive acceleration abilities.

Fast twitch abilities are targeted and effectively conditioned to contract with greater speed and strength. To put it simply we are trying to wake up your fast firing or fast twitch muscle fibers which are up to 4 xs as strong as slow twitch fibers. This type of overload training is specific and essential if speed and power is to be improved.

Care must be taken to ensure the correct level of resistance is applied. Light to moderate resistance is achieves greater gains. Do not have so much weight on the Sled as to negatively affect the way you run. You should be able to maintain a smooth running motion. Sled towing is also excellent for developing a stable midsection and promoting a forward lean torso position. This position is crucial for team and ball sports movement patterns as it allows for much greater balance and stability. This enhances stopping, rapid direction change, and game specific skills and reactions.

Set Up

Attach on end of the connecting strap to your harness and the other to the Sled. Make sure you take up all the slack in the connecting before taking off so you do not suddenly jerk the sled.



Always train with:

- Good body lean
- Powerful drive
- Aggressive arms
- High knee drive
- Maximum effort

Sample Workout

Warm up thoroughly before attempting any tow sprints.

Start with the feet together and lean forward so there is a reasonably straight line between ankle, knee, hip, shoulder and ear.

- Mark distances of 60, 50, 40m.
- Use 10-15kg on the sled.
- Sprint tow to the first mark at 60m.
- Rest for 2 minutes.
- Repeat over 50 m.
- Rest for 2 minutes.
- Repeat over the 40m with the same rest to total 3 reps.
- Rest for 4-5 minutes and repeat twice for a total of 3 sets. This will total 9 sprints.
- Increase the weight on the Sled after 2 weeks.

This is a sample workout only. If you are a track sprinter then longer distances are recommended and if you a netballer shorter distances are recommended. Look at the distances you sprint when you are playing your sport to identify training distances.



Please Note

The Power Speed Resistor that is used to tow the Sled is a training device that will allow you to progress your speed development by completing free sprints immediately after a load. Please see the instruction manual and go straight to Drill number 4 “Let Goes” for further information.

As a guide use your Sled in the Off and Pre-Season stages and the Resistor alone In Season. This will maintain the speed strength you have developed and allow for sports specific free sprinting which is recommended in season.

General Guidelines:

- Off-season training volumes should be 2-3 sessions each week.
- Pre-Season 2 sessions each week.
- In Season 1-2 session each week.

If you require additional advice please send an e-mail via www.speedpowerstability.com . We will be happy to assist you with effectively incorporating the Sled into your training to ensure maximum gains.

Train hard and Good Luck!



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