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~~Olympians Marvin Bracy /u0026 Nickel Ashmeade How You Do Anything Is How You Do Everything ft. LSU Strength /u0026 Conditioning—Ep.80 Charlie Speed Training TEDxYouth@Bruce - Tim Greene M.D.: The Science of Sprinting How To Build Muscle And Lose Fat At The Same Time: Step By Step Explained (Body Recomposition) Workout Wednesday: Andre De Grasse /u0026 Chijindu Ujah Sprint Work Workout Wednesday: Carl Lewis /u0026 Houston Sprinters Workout Wednesday: Florida State Sprinters Applied Sprint Training James Smith~~

James' professional duties have included stations in 3 countries. James has lectured on global sport concepts in 5 different countries and over 80 streaming audio lectures are available on his site [globalsportconcepts.net](http://globalsportconcepts.net) As a consultant James has worked with CEO's, managers, coaches, athletes from the NBA, NFL, CFL, Collegiate American Football, United Kingdom Athletics, Jamaican Track and Field,

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Book review: Applied Sprint Training by James Smith James (also a regular podcast contributor and presenter within the Rugby Strength Coach Community ) has worked with a ton of sports, most notably American Football, rugby, and track and field, in addition to consulting with military and police

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operations and individual athletes from all over the world.

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By James Smith Three coaching perspectives may be  
considered in the endeavor to enhance the speed and  
execution of competition maneuvers of non-track athletes,  
that of the track coach, the technical-tactical coach, and the  
conditioning coach; and in all cases, the individual must  
understand applied sprint training.

~~Applied Sprint Training - Improving Sport Skill Execution~~

James does a great job in the beginning of the book  
explaining the importance of sprint training and how to  
migrate what track athletes do for speed development into a  
variety of other sports seamlessly by looking at a time  
motion analysis of the sport in question.

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Some of the readers on this Blog may know James Smith of Power Development, Inc., also nicknamed “ The Thinker ” in numerous sports performance forums. He recently wrote a book titled Applied Sprint Training. James has written a few guest articles, which became part of his book. You can read all of his articles here.

## ~~Interview with James Smith, “ The Thinker ”~~

8 Sprint Workouts That Use Speed Intervals to Make You Faster Build power and speed with these training plans for the track, road, and treadmill. By Emily Abbate

## ~~8 Sprint Workouts to Make You Faster—Best Speed Running~~

...

Author: “ Applied Sprint Training ” , World Renowned Coach>James Smith The athlete should always make a point to maintain the anatomical position of the spine regardless of where they are in a sprint (starting, acceleration, transition, upright..).

## ~~The Young Athlete: SIT UP STRAIGHT: Posture = Key to ...~~

Similar to James Smith, 12 Keir Wenham-Flatt, and many other coaches influenced by the work of the late Charlie Francis, my preferred method of aerobic conditioning is “ strides ” or “ extensive tempo running. ” The higher velocity of the runs allows the athletes to work on fluid running technique, while the longer rest periods (we use approximately 1:3 work:rest) permit high volumes of ...

## ~~6 Week Off Season Training Program for Elite Youth Soccer~~

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Effect of endurance training intensity (low, moderate and high) on the expression of skeletal muscle ATGL protein and

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~~Adaptations of skeletal muscle to endurance exercise and ...~~

As with basic sprint training, the work to rest ratio should allow adequate recovery between intervals and sets. Agility training relies on a high degree of co-ordination and movement quality, which becomes difficult in the presence of fatigue. Many of the coaching points for proper sprinting technique can be applied to agility training. Sprint technique, basic speed training and agility ...

~~How to Design A Speed Training Program—Sport Fitness  
Advisor~~

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