

# Spectrum Strength Training for Optimum Transfer to Performance in Speed & Power Events

From Concept to Application

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## GOALS

Challenge  
Inspire  
Provoke  
Educate

## CHALLENGING & REINTERPRETING OLD CONCEPTS

“You don’t need to see different things, but rather to see things differently.”

## THE MOVEMENT CONSTANTS

### The Body

How it is constructed – How it responds  
Synergy between systems  
Neural > Muscular > Cardiovascular > Endocrine/Hormonal

### Gravity

Learn to use it to YOUR best advantage

### The Ground

The launching pad! – It is always there, use it

## HOW DO THE CONSTANTS INTERACT? HOW CAN WE ENHANCE THAT INTERACTION?

## SPECTRUM

A broad sequence or range of related qualities, ideas, or activities

## SPECTRUM APPROACH

Strength – Power – Velocity – Skill are not separate entities, they are “abstractions out of a continuous spectrum of movement.” (Doherty, Track & Field Omnibook, 1985)

We must look at these qualities in the context of the whole movement (The Event) we are preparing for.

## FOUNDATIONAL CONCEPT

Train to improve coordination to insure optimum transfer to the event  
Intramuscular and Intermuscular

## WARNING – MORE THAN A METHOD OR AN EXERCISE

It is not about Olympic lifting, Power lifting, or HIT training it is about the application of principles.

## THE PRINCIPLES

Train movements not muscles  
Train Linkage – Total Chain Training  
Bodyweight before external resistance  
Address the strength/power spectrum demands of the event  
Efficient movement involves  
Isometric > Eccentric > Concentric muscle actions  
Build from the ground up  
Train the core as the center of the action, the “Relay Center”

## ADDITIONAL CONSIDERATIONS

Big Picture – Look for commonalities  
It is always about the individual  
Fast Adaptors  
Slow Adaptors  
Remediate daily  
Eliminate deficiencies where possible

## INDEX THE TRAINING – POWER INDEX

S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
V1	V2	V3	V4	V5	V6	V7	V8	V9	V10

Manage them if necessary

Training is cumulative – Think long term

Apply High Performance Coaching Model

## SUGGESTED READINGS

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