



**Track and Field Academy Course 321  
Speed Specialist Certification  
Time Schedule (All Times CST)**

**November 14, 2020**

**Session 1, 9:00 am - 12:00 pm**

9:00 – 9:10: Course Introduction  
9:10 – 10:25: Neuromuscular Physiology  
10:25- 10:35: Break  
10:35 – 11:30: Energy System Physiology  
11:30 – 12:00: The Biomechanics of Sprinting

**Session 2, 1:00 pm – 6:00 pm**

1:00 – 2:00: The Biomechanics of Sprinting (continued)  
2:00 – 3:00: Foundations of Speed Training  
3:00 – 3:30: Training Speed, Power, and Coordination  
3:30- 3:40: Break  
3:30 - 4:30: Training Speed, Power, and Coordination (continued)  
4:30 – 6:00: Weight Training Programming for Speed Acquisition

**November 15, 2020**

**Session 1, 9:00 am - 12:00 pm**

9:00 – 10:20: Multijump Programming for Speed Acquisition  
10:20 – 10:30: Break  
10:30 – 12:00 – Planning Restorative and Fitness Training

**Session 2, 1:00 pm – 6:00 pm**

1:00 – 2:00: General Preparation Programming  
2:00 – 3:00: Specific Preparation Programming  
3:00 – 3:10: Break  
3:10 – 4:10: Inseason Training Management  
4:10 – 5:00: Critical Competition Management  
5:00 – 6:00: Closing, Open Discussion and Questions and Answers