



# **14 Day Speed Training Challenge!**

## **Instructions**

**by**  
**AthleticQuickness.com**

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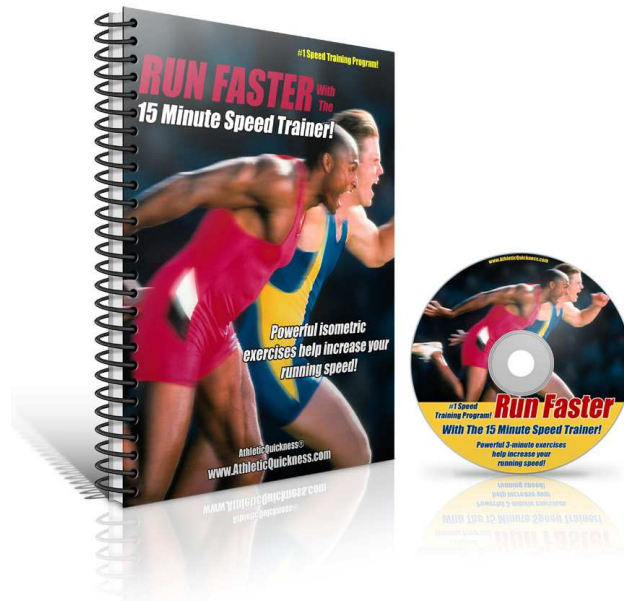
**IMPORTANT NOTICE.** Consult with your physician before beginning this exercise program.

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## 14 Day Speed Training Challenge by AthleticQuickness.com

# “You Are About To Experience The Fastest And Easiest Way To Increase Your Running Speed!”

Like thousands of others, you can start this training even during midseason and see improved performance within days!



The Run Faster program consists of 10 different exercises for your hip flexors, hip extensors, hip abductors, hip adductors, knee extensors and knee flexors.

Your objective in this FREE CHALLENGE is to see if just one **of these simple 3-minute exercises** for your hip flexors can dramatically improve your running speed in less time than any other program out there.

### Here's how to get started:

1. Get a resistance band or two that is at least 5 feet long. You can check places like Walmart. They may call them 'exercise bands' or something similar. If you can't locate one locally where you live, you can also order them online at:

<http://www.athleticquickness.com/orderbands.asp>

Select a red (light resistance), green (medium resistance) and/or blue

(heavy resistance) colored band. We recommend getting two bands and combine them to increase the resistance if you need to. We do not recommend getting the strongest bands available because if they are too strong for you, you won't be able to reduce their resistance if you need to. Most athletes use one red and one green band, including professionals.

2. Review all of the material in this document as they give you the detailed instructions and tips on how to perform the exercise shown in the video.

3. Fill out the *Progress Chart* on page 9 by timing yourself in the 40 yard dash, 60m, 100m, 200m, 400m, and/or other distance race *before* starting the Hip Flexor Exercise.

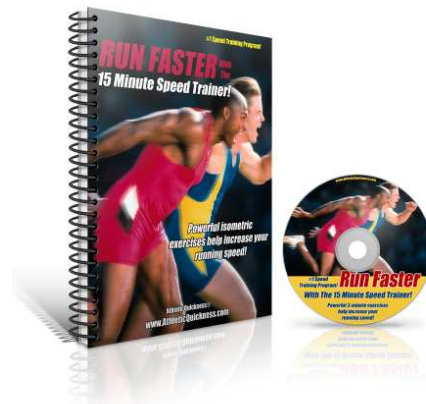
4. Do the Hip Flexor Exercise demonstrated in the video (and also explained again *here on page 8*) *over the next 14 days as detailed in the Weekly Training Schedule* located on page 10.

5. Re-time yourself in the 40 yard dash, 60m, 100m, 200m, 400m, and/or other distance race *after* completing the Hip Flexor Exercise for two weeks.

6. Send in your times and your story to:  
[www.HowToRunAFaster40.com/results](http://www.HowToRunAFaster40.com/results)

7. Start feeling really great about how much faster you are now than you were just 14 days ago!

That's all there is to it! Remember, you are only doing 1 exercise out of 10 in the Run Faster program. Just think of how much faster you will get if you did all 10 of them! Order here: [www.15MinuteSpeedTrainer.com](http://www.15MinuteSpeedTrainer.com)



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## INSTRUCTIONS

To ensure the greatest amount of your success with this program, please read through this section very carefully and refer back to it as often as needed.

**1. Isometric training involves no repetitions.** isometric training is *the sustained contraction of a muscle over a certain period of time where the length of the muscle remains unchanged*. In other words, unlike weight training where the lengths of your muscles are always changing, as in performing a set of ten biceps curls, isometric contractions are typically held at a point about halfway between a full repetition and then this position is held for 10-15 seconds.

Take a moment now and look ahead to Figure 1a, on the next page. This is the final holding position for Exercise #1 in the video and it is held in this position for 10-15 seconds. The right leg does not repetitively go forward and back, again and again, as you would normally do with weights. This is very important because isometric training using the resistance band is a very efficient way to train your muscles for speed and strength and as a result, all of the exercises outlined in this program are done this way.

**2. Attaching the resistance band.** All of the exercises require you to attach your bands around an immovable object such as a pole. See again Figure 1a, next page. Here, the band is attached around a pole or heavy table leg. When it is time for you to attach your bands to a similar object, here are two simple rules to follow: 1) make sure the object you tie the band to is really immovable relative to your own strength, and 2) make sure the object you tie the band around does not have any rough or sharp edges as this will cause your exercise band to tear. Serious injury may result if the exercise band breaks and snaps back and hits you.

**3. How much effort should you exert for each exercise?** Isometric contractions can be done with any amount of force but typically they are done using between 70-80% of your maximum strength. The best way to gauge this amount of effort is as follows: when you start an exercise, if you can easily hold the final position for a lot longer than the recommended 10-15 seconds, then you are not using enough effort. If you feel like you need a break around the 10 second mark (similar to the breaks taken between weightlifting sets), then you are exerting the proper amount of force.

**4. Proper positioning.** All of the exercises will require you to be at a certain distance away from where the band is tied in order to achieve enough resistance. Look ahead again to Figure 1a (this is the final holding position for the exercise in the video). If this exercise is too easy when you try it, then you will need to move farther away from where your band is tied to stretch it (creating more resistance), or use a second band at the same time to increase the resistance (explained next in item #5), or both. If this exercise is too hard when you first try it using only one band, then you will need to move closer to where the band is tied. This shortens the band to reduce the resistance. Getting into the proper position is a simple thing to do. It is also critical to achieving good results with this program. As you become familiar with all of the exercises, you should be able to judge for yourself the best position to be in to make the exercises most effective for you.

**5. Doubling-up the resistance.** There will also be times when the entire length of the band is needed but the resistance it can supply is still not strong enough. Therefore, you can use two bands and double-up the resistance. Again, look at Figure 1a. This is the final holding position for the Exercise in the video. When you perform this exercise, if it appears too easy to hold this position, then using a second band will help make it more difficult. Simply tie a knot in the

second band and attach it next to the other. This is shown in Figure 1b. This is the same exercise except two bands are used at the same time to increase the resistance.



Figure 1a. Final holding position for Exercise #1 using one band.

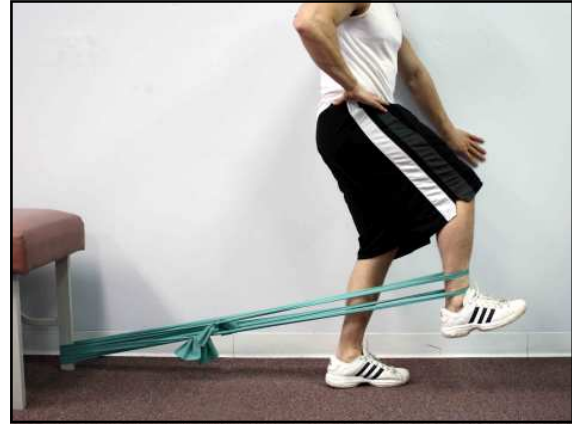


Figure 1b. Final holding position for Exercise #1 using two bands.

This technique of using more than one band to increase the resistance is very common with isometric training. You can do this for any exercise that appears too easy. By combining the bands that came with this program, you should be able to achieve enough resistance to meet most, if not all, of your needs.

**6. You can use bands with a higher resistance level.** Each band has a specific color that corresponds to a particular resistance level ranging from the color *red* which is of light resistance to the color *gold* which is of xxx-heavy resistance. By using a band with more resistance, you should be able to exercise well within the physical abilities of that particular band. You order bands here: <http://www.athleticquickness.com/orderbands.asp> or you can get them at places such as Walmart.

**7. Maintaining good balance during each exercise.** Since each exercise is performed using one leg at a time, you may find that your balance is really being tested in the beginning with this type of training. It's important to maintain proper form with each exercise, and finding something to balance against while you do them is essential for your success.

In Figures 1a and 1b above, the athlete is shown balancing against a wall while this exercise is being performed. If you are doing these in your home, walls make good places to balance against since they provide you with a sturdy support should you need it. However, be careful there are no items on the walls such as pictures or mirrors that can slide if you happen to find yourself losing your balance and end up placing your hands on them.

If you are doing these exercises in a gym and are attaching your bands to say, one piece of equipment, you might also look for a second nearby machine that can also serve as a good support for your hands. Gym equipment makes perhaps the best places to attach your bands to. This is because the equipment is typically immovable relative to your own body strength and most of the equipment is finished with smooth steel that won't cut your bands and cause them to tear. If you have access to gym equipment, it is suggested that you use it. As a cautionary note, if you choose to incorporate gym equipment into your setup, make sure you keep your hands away from any moving parts on the equipment (pulleys, cables, hinges etc.) that you may be using for balance to avoid injury.

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## HOW TO GET THE MOST FROM THIS PROGRAM

Below are several tips on how to get the most from this program. Review them as often as necessary as each of these tips holds a key to your success.

*Tip #1.* Perform approximately five minutes of light stretching before starting these exercises.

*Tip #2.* Use a watch or clock with a clearly visible second hand, so that you can accurately time your isometric exercises.

*Tip #3.* The final position for each exercise should be held for 10-15 seconds. The amount of effort you should be exerting during this time should be between 70-80% of your maximum strength.

*Tip #4.* Isometric exercises are to be done with normal breathing. Do not hold your breath during the exercises because this may cause a sudden increase in blood pressure and/or light-headedness.

*Tip #5.* If you experience any abnormal discomfort during these exercises, ease off just a little bit. If the discomfort persists, consult with your physician before continuing.

*Tip #6.* Perform each exercise according to the *Training Routine* found in the appendix.

*Tip #7.* It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train.

*Tip #8.* Pay close attention to the way your body position is shown for each exercise, because correct positioning is needed to isolate specific muscle groups.

*Tip #9.* Periodically check your resistance bands for any wear and tear. Replace them when necessary to prevent them from breaking during an exercise.

*Tip #10.* To reduce the resistance for a given exercise, create a longer loop with your band, use bands with less resistance and/or position yourself closer to where the band is attached. Positioning yourself closer means the band will not be stretched as much thereby reducing the resistance.

*Tip #11.* To increase the resistance for a given exercise, use two bands together, use bands with more resistance and/or position yourself further away from where the bands are attached. Positioning yourself further away will cause the bands to stretch a little more adding to their resistance.

*Tip #12.* Always train within the physical limits of the band. What this means is, no matter how much effort you are exerting for a given exercise, the exercise band should still be capable of stretching a little further. If the band is stretched to its maximum, you will essentially turn the band into a static rope or cable, incapable of returning any hyper-elastic force back. This greatly reduces its effectiveness. If this situation ever occurs, see Tip #11 on how to rectify it.



## Exercise #1 Workout Summary

### Muscles used: Hip Flexors, Knee Extensors

There are 10 exercises in the Run Faster program. The video you just watched contains the very first exercise from it for your Hip Flexors, Exercise #1. You may recall from the video that the final holding position for the right leg is shown in Figure A-1 and for the left leg shown in Figure A-2.



Figure A-1. Final position for Exercise #1 using the right leg. This position is held for 10-15 seconds using 70-80% of your maximum strength. This completes the first half of the exercise.



Figure A-2. Final position for Exercise #1 using the left leg. This position is held for 10-15 seconds using 70-80% of your maximum strength. This completes the second half of the exercise.

When you perform the exercise once with your right leg and once with your left, you will have done Exercise #1, one complete time.

The *Weekly Training Schedule*, located on page 10, calls for doing the exercise three times in a given day. Table 1 shows how this would look:

**Table 1. Exercise #1**

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

The *Progress Chart* and *Weekly Training Schedule* located on the next two pages will help guide you through Exercise #1 and allow you to chart your progress along the way.



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## PROGRESS CHART

Name \_\_\_\_\_ Date Started \_\_\_\_\_

**STEP 1.** Record your fastest time in one or more of the following before starting this program:

40 yard dash \_\_\_\_\_ seconds

60 meter dash \_\_\_\_\_ seconds

100 meter dash \_\_\_\_\_ seconds

200 meter dash \_\_\_\_\_ seconds

400 meter dash \_\_\_\_\_ seconds

\_\_\_\_\_ Other \_\_\_\_\_ seconds

**STEP 2.** Complete the *Weekly Training Schedule* located on the next page for at least two weeks. You may make copies of the next page to document any additional weeks of training.

**STEP 3.** Perform the same sprint(s) as in STEP 1. When you are finished, record your fastest time and note the improvement.

40 yard dash \_\_\_\_\_ seconds, Improvement \_\_\_\_\_ seconds

60 meter dash \_\_\_\_\_ seconds, Improvement \_\_\_\_\_ seconds

100 meter dash \_\_\_\_\_ seconds, Improvement \_\_\_\_\_ seconds

200 meter dash \_\_\_\_\_ seconds, Improvement \_\_\_\_\_ seconds

400 meter dash \_\_\_\_\_ seconds, Improvement \_\_\_\_\_ seconds

\_\_\_\_\_ Other \_\_\_\_\_ seconds, Improvement \_\_\_\_\_ seconds

**Date Completed** \_\_\_\_\_

**STEP 4.** Continue on with this training schedule for as long as you continue to see improvement. Also, once you get a good feel as to what these exercises are doing for you, you can make adjustments to the frequency in your training.

**STEP 2 (Cont'd):****WEEKLY TRAINING SCHEDULE**

<b>Perform Exercise #1 three times with each leg on the recommended day during the week.</b> Exercises #1 is performed on days 1, 3 and 5 of Week 1 and days 8, 10 and 12 of Week 2.		
<b>Day of Week</b>	<b>Exercise #</b>	<b>EXERCISES 2-10 INTENTIONALLY LEFT BLANK</b>
Day #1	<b>Exercise #1</b>	
Day #2	REST	
Day #3	<b>Exercise #1</b>	
Day #4	REST	
Day #5	<b>Exercise #1</b>	
Day #6	REST	
Day #7	REST	
<b>End Training Week 1</b>		
Day #8	<b>Exercise #1</b>	<b>EXERCISES 2-10 INTENTIONALLY LEFT BLANK</b>
Day #9	REST	
Day #10	<b>Exercise #1</b>	
Day #11	REST	
Day #12	<b>Exercise #1</b>	
Day #13	REST	
Day #14	REST	
<b>End Training Week 2</b>		

**ADDITIONAL TRAINING TIPS**

*Tip #1.* The exercises demonstrated in this program are meant to be physically difficult. If you find that your initial attempt with an exercise is too easy, you should either add another resistance band to the exercise, use a stronger band and/or reposition yourself further away from your band attachment to stretch the bands. Remember, holding the final position for these exercises using 70-80% of your maximum strength is a significant amount of effort to exert over a 10-15 second period of time before wanting to take a rest.

*Tip #2.* Gym equipment provides safe and effective places to attach your bands since they are relatively immovable and do not typically possess any rough or sharp edges that may accidentally cut your band. If you have access to such equipment, it is suggested that you use it.

*Tip #3.* If you have a game scheduled and have been actively performing most, if not all, of the exercises in this program for at least two consecutive weeks prior to competition, you may want to allow yourself two full days of rest from these exercises before the competition.

***“With your newly conditioned leg muscles, you should feel your legs springing effortlessly forward when you go for that extra burst of speed!”***