

HELD BACK

How overspeed training can hold back your progress



COULD BEING TOWED BY AN ELASTIC BAND INCREASE YOUR SPRINT SPEED AND PROPEL YOU INTO THE NATIONAL AND INTERNATIONAL SCENE?

Original Research
Clark, D., et al.
Influence of towing force magnitude on the kinematics of supramaximal sprinting. *Journal of Strength and Conditioning Research* 23(4):1162-1168, 2009.

Sprint speed is a critical component of many sports. For these athletes, the bottom line is the need to get faster, and their training often revolves around finding new ways to meet the need for speed. And here is a form of reasoning that seems to make sense to many athletes and coaches: if you could somehow tow the athlete while she is sprinting, thus making her run faster than what she otherwise could, her body would be forced to adapt to faster movement, resulting in the ability to run faster even without this aid. This understanding is grounded in the belief that if you force the body to run faster than it normally can, then there is some form of neurological and muscular learning going on that translates to the actual sport. And so performing sprint drills while being towed has become popular. But you need scientific research to evaluate the merit of this training method. Sometimes science is slow to catch up with all those ideas out there, but when it does, *JOPP* brings you the results...

Power Key: overspeed training, sprints, speed drills, weight towing