

## **What is the Best Way to Develop Top-End Speed?**

**Young – Elitetrack.com**

To develop top-end speed, one needs to run at top-end speed. This capacity may be developed through all-out sprints of 40-60m. This however will necessitate the athlete to go through an acceleration phase. Another perhaps more efficient means of developing maximum velocity is through sprints preceded by a sub-maximal run-in. Two examples of this method are flying sprints and sprint-float-sprints.

Flying sprints are sprints of short duration (10-30m) performed with a short preceding run-in (20-30m). The run-in allows the athlete to be at a high speed when entering the sprint portion of the run and allows them to focus on developing max velocity without having to go through a hard acceleration.

Sprint-float-sprints or ins-and-outs are runs of longer duration (60-90m) that can also be used to develop maximal velocity. Typically they start with a 20-35m hard acceleration (sprint). The acceleration is followed by a second segment (20-30m; the float) where the athlete focuses on running relaxed and using the momentum developed from the first acceleration. The third segment (20-30m), is basically a flying sprint (see flying sprints above).

Speed work should probably be done 2-3x a week depending on your level of development, your event, and the time of the year. Depending on your event, you will need to add in varying amounts of plyometrics, jump training, weights, various speeds of running, and general conditioning.