

Dear WCU Players,

Hopefully, most of you are doing your "Homework", 30 minutes/day for Skills, followed by a short Strength workout on 3 of those same days. If time becomes a problem, cut it to 2-3 days for 30-60 minutes each day. Last week one of the U16 players asked about getting faster, and was willing to put in EXTRA time to accomplish it. The best part is that it's totally her idea, not a coach or a parent. I'm glad that she asked herself, because it's too much work if she doesn't fully believe in it. I have passed along the following advice in case any of you are motivated to do more:

SPEED.....SPEED.....SPEED.....!!!!!!!!!!!!!!!!!!!!!!

It is a fallacy that you "can't teach speed". Through hard work and perseverance, we all can get faster. The beauty of the workout is that you not only get faster, but you can fully develop your body and help prevent a major injury (ACL tear, etc.) along the way.

As I mentioned to you all last week, the word of the week is "myelin". Please look it up, and go to Youtube and key in "The Talent Code" or similar videos on myelin acquisition. I showed a few of them to 2 of my daughters, and they thought they were "boring", (so what do I know!)

Myelin acquisition occurs through repetitive motion, and ties into the first category of work: skills. If you understand the purpose of each category, and integrate them successfully, you will get faster. Look for results in 3-6 months. Here are the 3 categories of Speed Work.

SKILL to move fast	POWER to move fast	APPLICATION to real life
Agilities, Proprioception. Repetitive sport-specific movement, Quickness, Reaction, Overspeed training	* Heavy Gravity work, Weightlifting Plyometrics	Form running Sprints Interval

\* = Stadiums, Indoor Rockclimbing, "Sticktricks", Push-ups, Sit-ups, etc.

#### WCU 1 Hour SPEED Workout

Here is a 5-day 1 hour workout for Skill and Power. It combines the Mon-Wed-Fri WCU Homework workout with a few modifications.

The Homework page is attached. Do the Mon-Wed-Fri workout from the Homework, but remove the last 10 minutes (Lower Body lifts). In place of those 10 minutes, spend 5 minutes on "Shake 'n Bake" and 5 minutes on Interval Training.

On Tues+Thurs, 6 minutes Jump Rope, 4 minutes Agilities/Dynamics, 40 minutes Lower Body lifts, 10 minutes Stadiums.. For Lower Body, do multiple sets of these lifts: SLDL, Lunge Series, Hip thrusts/Curls, Russian Hams, 4 Way Hip, SLS, Sumo Squats, Calf Raises. You should be able to perform approximately 28 sets in 40 minutes.

Many of these exercises are "single leg", meaning no rest is needed when you change legs.

I have made every effort to economize on your time. If you comfortably have more time without being bored or harming your school work, go ahead and go beyond 1 hour. If the terminology is new, I will explain this workout the next time I see you.

Good luck on your quest to be supersonic!

Regards, Larry Cronin

P.S. Any questions please email me at CoachCronin@wcufla.com and cc to Coach Chenevert laurenc@wcufla.com.