

# Training For Power And Strength In Speed: Charlie Francis Training Key Concepts

Charlie Francis was a renowned track and field coach who is widely credited with revolutionizing the way athletes train for speed. His training methods have been used by some of the world's most successful sprinters, including Ben Johnson, Donovan Bailey, and Ato Boldon. In this article, we will explore the key concepts behind Charlie Francis' training methods for improving power and strength in speed training.



## Training For Power and Strength in Speed (Charlie Francis Training Key Concepts Book 2) by Charlie Francis

★★★★☆ 4.7 out of 5

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## 1. The Importance of Plyometrics

Plyometrics are exercises that involve jumping and hopping movements. These exercises are designed to improve power, which is the ability to produce force quickly. Plyometrics are a key component of Charlie Francis' training programs, and he believed that they were essential for developing the explosive power needed for sprinting.

There are many different types of plyometric exercises, but some of the most common include:

- Box jumps
- Depth jumps
- Hurdle hops
- Medicine ball throws

## **2. The Use of Weights**

Weight training is another important component of Charlie Francis' training methods. Francis believed that weight training could help athletes to develop the strength needed to accelerate quickly and maintain their speed throughout the sprint.

Francis typically used heavy weights and low repetitions in his weight training programs. He believed that this type of training would help athletes to develop the maximal strength needed for sprinting. However, he also incorporated some lighter weight and higher repetition exercises into his programs to help athletes develop muscular endurance.

## **3. The Importance of Speed Drills**

Speed drills are exercises that are designed to improve an athlete's ability to accelerate and maintain their speed. These drills are typically performed at a high intensity and involve short bursts of speed. Some of the most common speed drills include:

- Sprints

- Flying sprints
- Hill sprints
- Resistance sprints

#### 4. The Importance of Recovery

Recovery is an important part of any training program, but it is especially important for athletes who are training for power and strength. Francis believed that athletes need to give their bodies adequate time to rest and recover in order to maximize their performance. He typically scheduled one or two rest days per week for his athletes.

#### 5. The Importance of Nutrition

Nutrition is another important aspect of training for power and strength. Francis believed that athletes need to eat a healthy diet that provides them with the nutrients they need to perform at their best. He typically recommended that his athletes eat a diet that was high in protein, carbohydrates, and healthy fats.

Charlie Francis' training methods have been used by some of the world's most successful sprinters. These methods are based on the principles of plyometrics, weight training, speed drills, recovery, and nutrition. If you are looking to improve your power and strength for speed training, then Charlie Francis' training methods are a great place to start.



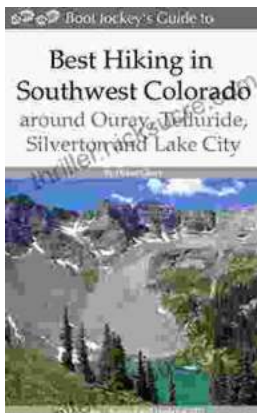
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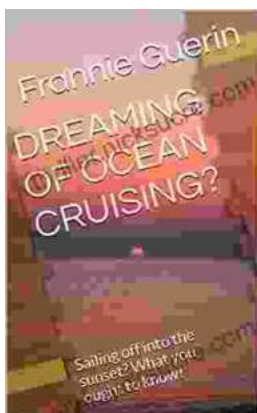
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