



## The Need for Speed?

We all want to be fast. One of the most iconic movie tag lines of all time is from “Top Gun”. We know it and we say it...” I feel the need, the need for speed”. However, most people don’t know what it takes to get faster. All the bells and whistles in the world won’t change genetics. We are who we are. But, what if? What if I take advantage of the world of science and properly utilize the genetics that I have and capitalize on what I can change.

Here are a few things to think about when working on getting faster;

1. Body type and general fitness.
2. Overall flexibility and joint mobility
3. General strength and core stability
4. Enhancement of strength
5. Proper technique form/running form
6. Repetition! Repetition! Repetition!
7. Time/Cost



These are just a few things that need to be assessed and taken into consideration when putting together or participating in a program to improve overall running speed. Always remember that you change genetics, but you can change what your genes have given you to start with.

1. If we are carrying too much abnormal weight or are generally unfit, it will be difficult to hold proper running form over time and difficult to participate in workouts based on time under tension.
2. If we lack the joint mobility or general muscle flexibility/”stretchiness” for muscles to produce power over distance or time we run the risk of falling to injury or not being able to the power we need at the time we need it or in the direction we need it.
3. Strength is the foundation of being able to produce power for running. You cannot run fast if our muscles are unable to function at a rate needed to provide the energy and power needed then being fast just won’t happen.
4. Proper and efficient form is paramount to running fast. Arm drive, knee drive, foot strike and body posture are all key to being able to run faster and more efficiently.
5. Practice, practice, practice. The more you perform the correct way to run the more often you will be able to repeat it. This must be done not only in a controlled environment, but under sport specific conditions as well.
6. Whatever is important to you will take time. The more time you devote to working on your craft the more likely it is that it will improve. Simple.

Contact us today, we can help.