

OpenLearn course

Training for speed and power in sport and fitness

Narrator:

Power can be defined as the ability to execute strong explosive movement at a fast pace (For example a tackle in rugby). Therefore, power is a combination of strength x speed.

Developing either of these or both together should enhance an athlete's power. Speed is how quickly we move and to develop it, the law of specific suggests that a training programme needs to include exercises or activities that are performed at speed.

The methods for developing speed can be categorised into primary, secondary, and tertiary methods.

Primary methods focus on executing sound movement technique in a specific task. They tend to be performed at speeds slower than those used in the real situation to ensure that the mechanics of the movement are correct, progressing to full speed as the individual develops their skills.

Secondary methods involve developing specialist skills in modified conditions. For example, speed resistance methods, like pulling a sled or parachute, aim to provide resistance without interrupting movement mechanics. Speed assistance methods, like running downhill or being towed, aim to facilitate movements at a faster speed than normal.

Tertiary methods are aimed at developing general skills and abilities and include the development of mobility (Such as a dynamic lunge with rotation) strength (For example resistance training) and speed-endurance (Like interval training).

If you would like to find out more about developing speed and converting it to power, you can complete this free OpenLearn course: [Training for speed and power in sport and fitness](#).