

# MeritCare Speed Strength Program

There are a number of reasons to consider training in MeritCare's Speed Strength program. Outcomes of speed and power sports are often determined by who is the fastest, most powerful and strongest. Hundredths of a second may be all that separate 1<sup>st</sup> from 4<sup>th</sup>, making a play versus not or a win from a loss. We believe the details are what make the difference!

1. **Leave the details to us.** Our **only** job is to stay current with the most recent in sports science and its application. The power clean is a classic example of **details** determining effectiveness. It is a cornerstone exercise in many strength programs. Depending upon its application, however, it can either be very good, very bad or somewhere in between. Has the athlete developed the skill well enough to perform the lift safely even when the weight is very heavy? How often is it done? How many sets and reps? How much rest is taken between sets? What intensity (% 1RM) is used? What weight maximizes power output? How often are training days "power" days? How is it coordinated with the squat, snatch, plyometrics, and speed development? How is it varied over time to prevent accommodation? How these questions are answered can make a big difference in the final results. Are you getting all you can out of the details?
2. **We can provide individual attention.** We can train the technical parts of strength, speed and power individually or in small groups. **Athletes are evaluated using a real-time video assessment software system.** If you want to drop .4 sec. from your 40 yd, add 4 inches to your vertical jump or add 30 lbs. to your snatch, you need to know what is limiting you. For example, we know the limiting factor to improving your squat is to increase the bar velocity of the ascent. That sounds simple but how is it accomplished? We know it isn't through the use of regular near-maximal weights using only traditional methods. Are you able to provide the individual attention necessary? Do you feel comfortable addressing the technical parts of speed, strength and power development?
3. **How much power can you produce?** The naked eye is unable to discern the difference between a high power and a low power squat or bench repetition when using the same weight. However, the difference may be very large, 200 watts or more. How the body adapts to each is very different. We know if you want to achieve your best you need to know how to maximize power at all weights, know the weights that optimize power output, and spend time training to improve both. Do you have a method of measuring power? Can you monitor power improvement over time? What are your athlete's power maxes?
4. **Is it all about strength training?** No, not as it is traditionally defined. Strength training, however is far more than simply lifting weights. Medicine balls, cable machines, body weight exercises and jumping are very effective at developing strength and more importantly speed strength. It is the combination of proper training methods that brings the greatest result. In some sports, too much strength or strength developed in the wrong way can slow you. Does your off-season strength and conditioning complement or hinder agility and power development?
5. **Can you get faster by simply getting stronger?** Yes and no. For a novice, yes, but the results will be even better as part of a comprehensive program. For a mature athlete, strength is merely one small part.
6. **Motivation.** Even driven athletes will benefit from seeing real-time video feedback of a sprint or knowing the power output of a jump or strength repetition. If the quality of each rep is better so will the outcome be.

Time is the best indicator of the effectiveness of a training program. What is a 2% increase in speed or a 3 inch improvement in vertical jump worth to you? The long jump is an example of an event requiring great speed and explosive jumping power. Five of the last six girls' state champions have trained regularly in MeritCare's program, breaking two state records and recording two of the top prep marks in the nation. Call 234-8750 to schedule your free consultation.