

TPE Speed Camp

Topics:

Acceleration

- Powerful first 3 steps
- Amount of time to reach top speed
- Aides in faster change of direction

Absolute Speed

- Ability to maintain top sprint speed
- Running mechanics
- High running economy

Multi-Directional

- Lateral movement
- Cross-over
- Drop step

	Date/Time	Topic	Location	Coaches
Week 1	Tuesday 6/20 9:30am – 10:30am ----- Thursday 6/22 9:30am – 10:30am	Acceleration (Phase 1) ----- Acceleration (Phase 2)	Arcadia High School Track	Marc Walter Greg
Week 2	Tuesday 6/27 9:30am – 10:30am ----- Thursday 6/29 9:30am - 10:30am	Absolute Speed (Phase 1) ----- Absolute Speed (Phase 2)	Arcadia High School Track	Marc Walter Greg
Week 3	Monday 7/3 9:30am – 10:30am ----- Thursday 7/6 9:30am - 10:30am	Multi-Directional (Phase 1) ----- Multi-Directional (Phase 2)	Arcadia High School Track	Marc Walter Greg
Week 4	Tuesday 7/11 9:30am – 10:30am ----- Thursday 7/13 9:30am - 10:30am	Mix of all 3 (Phase 1) ----- Mix of all 3 (Phase 2)	Arcadia High School Track	Marc Walter Greg

