

# Sprint Training Phases

**PHASE**

**1**



**Training  
To Train**

Training is basic & focused on overall fitness vs. sprint-specific work. Progression is achieved through increasing the volume of training each week.

**PHASE**

**2**



**Event-Specific  
Preparation**

Workouts are designed to prepare for competition training. Intensity & volume are increased by 40-50% & recovery becomes more active.

**PHASE**

**3**



**Speed  
Phase**

Pure speed training & more intense sprinting replace tempo work in previous phases. Sprinting technique is practiced every day & efforts are timed.

**PHASE**

**4**



**Pre-Com  
/Comp**

Micro-cycle planning. Technical speed work is the focus & race performance is fine-tuned.

**PHASE**

**5**



**Recovery  
Phase**

Recovery is crucial to the foundation of every training cycle. Quality recovery is active & includes low-impact, low-volume, or low-intensity workouts.



OUTPERFORM

# Training Guide Concept

**Befree Program**



## **Training Guide Concept:**

**Training Guide On Essential Protection Skills for Children with Hearing Impairment** Befree Program,2012 This training manual is part of a series of specialized training manuals of the program I am Smart Strong and Safe Child Despite my Disability that aims at protecting children from abuse The program was launched under the patronage of United Nations Special Rapporteur on Disability and covers 4 main types of disabilities motor disability speech impairment visual impairment and mild mental disability This training manual aims at developing children s protection skills their personality self esteem and sense of self worth It is specifically designed for children challenged by hearing impairment It focuses on introducing good and safe conduct in situations where children with hearing impairment are vulnerable to abuse it further offers prevention techniques and methods by which children can build positive thinking skills *A Training Guide on Fundamental Protection Skills for Children with Motor Disabilities* Befree Program,2012 This training manual is part of a series of specialized training manuals of the program I am Smart Strong and Safe Child Despite my Disability that aims at protecting children from abuse The program was launched under the patronage of United Nations Special Rapporteur on Disability and covers 4 main types of disabilities motor disability speech impairment visual impairment and mild mental disability This training manual aims at developing children s protection skills their personality self esteem and sense of self worth It is specifically designed for children challenged by motor disabilities It focuses on introducing good and safe conduct in situations where motor disabled children are vulnerable to abuse it further offers prevention techniques and methods by which children can build positive thinking skills **A Training Guide on Essential Protection Skills for Children with Mild Mental Disability** Befree Program,1900 This training manual is part of a series of specialized training manuals of the program I am Smart Strong and Safe Child Despite my Disability that aims at protecting children from abuse The program was launched under the patronage of United Nations Special Rapporteur on Disability and covers 4 main types of disabilities motor disability speech impairment visual impairment and mild mental disability This training manual aims at developing children s protection skills their personality self esteem and sense of self worth It is specifically designed for children challenged by mild mental disabilities It focuses on introducing good and safe conduct in situations where mentally disabled children are vulnerable to abuse it further offers prevention techniques and methods by which children can build positive thinking skills **Developing the Reserve Component Virtual Training Program** R. Gene Hoffman,1995 **Basic Training Program for Emergency Medical Technician - Ambulance Concepts and Recommendations. Final Report** Joseph T. Fucigna,1973 **Trial Application of the Embedded Training Guide to an Armored System** Bob G. Witmer,1993 **Basic Training Program for Driver License Examiner Supervisors - Concepts and Recommendations, a Final Report. Final Technical Report** J. T. Pendleton,1973 **Resilience and Mental Health** Steven M. Southwick,Brett T. Litz,Dennis Charney,Matthew J. Friedman,2011-08-18 Humans are remarkably resilient in the

face of crises traumas disabilities attachment losses and ongoing adversities To date most research in the field of traumatic stress has focused on neurobiological psychological and social factors associated with trauma related psychopathology and deficits in psychosocial functioning Far less is known about resilience to stress and healthy adaptation to stress and trauma This book brings together experts from a broad array of scientific fields whose research has focused on adaptive responses to stress Each of the five sections in the book examines the relevant concepts spanning from factors that contribute to and promote resilience to populations and societal systems in which resilience is employed to specific applications and contexts of resilience and interventions designed to better enhance resilience This will be suitable for clinicians and researchers who are interested in resilience across the lifespan and in response to a wide variety of stressors

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