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James' professional duties have included stations in 3 countries. James has lectured on global sport concepts in 5 different countries and over 80 streaming audio lectures are available on his site

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globalsportconcepts.net As a consultant James has worked with CEO's, managers, coaches, athletes from the NBA, NFL, CFL, Collegiate American Football, United Kingdom Athletics, Jamaican Track and Field,

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Book review: Applied Sprint Training by James Smith James (also a regular podcast contributor and presenter within the Rugby Strength Coach Community) has worked with a ton of sports, most notably American Football, rugby, and track and field, in

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addition to consulting with military and police operations and individual athletes from all over the world.

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of non-track athletes, that of the track coach, the technical-tactical coach, and the conditioning coach; and in all cases, the individual must understand applied sprint training.

~~Applied Sprint Training - Improving Sport Skill Execution~~

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James does a great job in the beginning of the book explaining the importance of sprint training and how to migrate what track athletes do for speed development into a variety of other sports seamlessly by looking at a time motion analysis of the sport in question.

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know James Smith of Power Development, Inc., also nicknamed “ The Thinker ” in numerous sports performance forums. He recently wrote a book titled Applied Sprint Training. James has written a few guest articles, which became part of his book. You can read all of his

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articles here.

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Author: “ Applied Sprint Training ” ,
World Renowned Coach>James Smith
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coaches influenced by the work of the late Charlie Francis, my preferred method of aerobic conditioning is “strides” or “extensive tempo running.” The higher velocity of the runs allows the athletes to work on fluid running technique, while the longer rest periods (we use

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approximately 1:3 work:rest) permit
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~~Adaptations of skeletal muscle to
endurance exercise and ...~~

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As with basic sprint training, the work to rest ratio should allow adequate recovery between intervals and sets. Agility training relies on a high degree of co-ordination and movement quality, which becomes difficult in the presence of fatigue. Many of the coaching points for proper sprinting

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technique can be applied to agility training. Sprint technique, basic speed training and agility ...

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