

FROM COACH MICHAEL DEHAVEN

5 WAYS TO MAKE YOUR ATHLETE **FASTER**

These are the five things we start improving immediately with every athlete, from the very first session. Each one is a building block of speed, and each one shows up in how your athlete moves.

SPEED = STRIDE LENGTH × STRIDE FREQUENCY

Every item in this guide feeds one side of that equation, or both.

01 INCREASE RANGE OF MOTION

Speed starts with the positions your athlete's body can actually reach. Tight hips and ankles shorten every stride and leak power. We open up range of motion first, so your athlete can get into strong sprinting positions without fighting their own body.

WHY IT MATTERS: FREER, LONGER STRIDES AND FEWER COMPENSATIONS

02 IMPROVE THE BROAD JUMP

The broad jump is a simple test of horizontal power: how hard your athlete can drive themselves forward from a standstill. That same push powers the first steps of every sprint, which is why we track it from day one.

WHY IT MATTERS: MORE POWER OUT OF THE START

03 QUICKER OFF THE GROUND. MORE FORCE INTO IT.

Fast athletes don't spend long on the ground. Every step is a short, powerful punch into the ground that sends them forward. We teach your athlete to put more force into the ground in less time.

WHY IT MATTERS: THE FOUNDATION OF TOP-END SPEED

04 INCREASE STRIDE LENGTH

Stride length is how much ground each step covers. It comes from force and mobility, not from reaching out with the foot. Overstriding actually acts like a brake. With more power behind every push, strides lengthen naturally.

WHY IT MATTERS: MORE GROUND COVERED WITH EVERY STEP

05 INCREASE STRIDE FREQUENCY

Stride frequency is how many steps your athlete takes each second. Quicker ground contact and cleaner mechanics let the legs cycle faster without giving up power.

WHY IT MATTERS: FASTER TURNOVER, SAME POWER

HOW WE KNOW IT'S WORKING

Every athlete is benchmarked before training starts, and we re-test every four weeks. You see progress in numbers, not opinions.

40

YARD DASH

60

METER SPRINT

100

METER SPRINT

Every run is filmed, so we can see the mechanics behind the time.

FIND OUT WHERE YOUR ATHLETE **STARTS.**

The assessment gives you your athlete's real starting times and a clear picture of what's holding their speed back.

[BOOK THE ASSESSMENT](#)[SCHEDULE A CALL](#)

iamathletix.co/gold-medal · Michael DeHaven, coach of Noah Lyles and Tyreek Hill