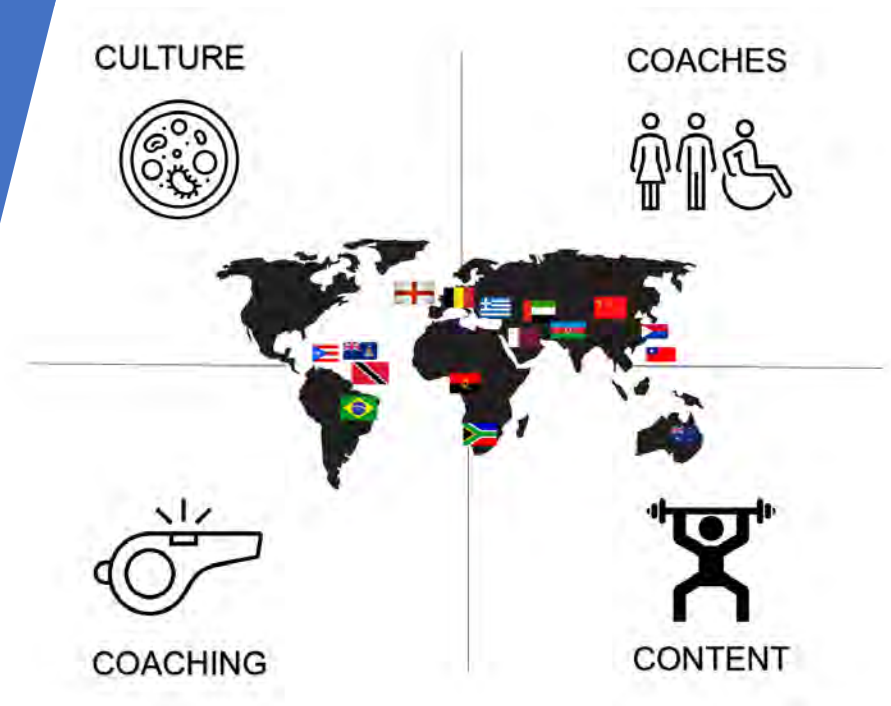
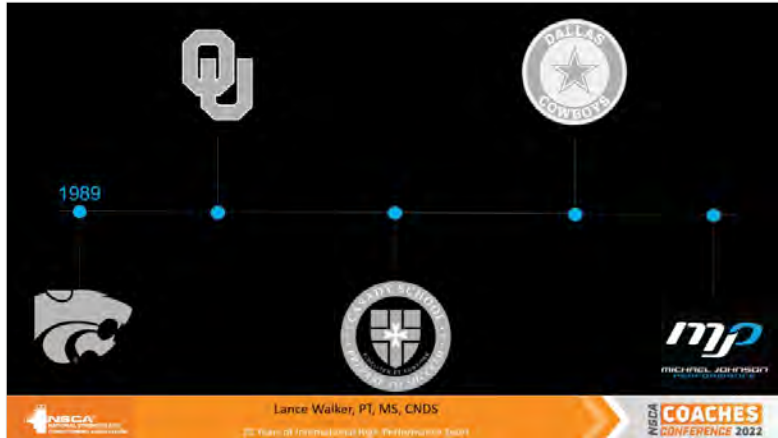


20 YEARS OF INTERNATIONAL HIGH-PERFORMANCE SPORT: UNIQUE EARNINGS ABOUT SPEED TRAINING FROM AROUND THE WORLD

LANCE WALKER, PT,MS,CNDS
VICE PRESIDENT & GLOBAL PERFORMANCE DIRECTOR
MICHAEL JOHNSON PERFORMANCE
DALLAS, USA
[@MJP360](#)
[@MJPLANCEW](#)
LANCE@MICHAELJOHNSONPERFORMANCE.COM





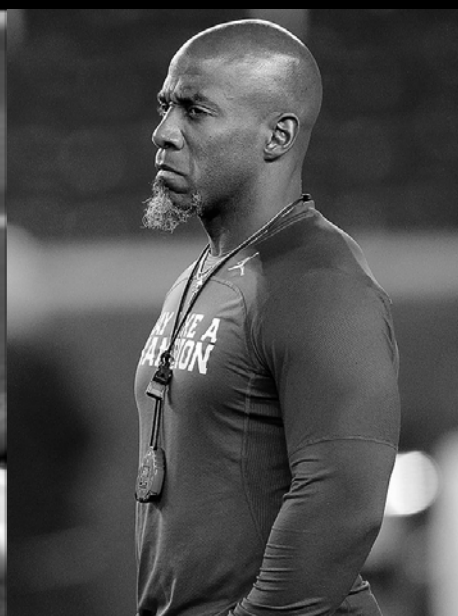
1989













MICHAEL JOHNSON

3 OLYMPIC GAMES

- 1992 Barcelona – 4x400m relay – 1 Gold
- 1996 Atlanta – 200m & 400m – 2 x Gold
- 2000 Sydney – 400m – 1 Gold

5 WORLD CHAMPIONSHIPS

- 1991 200m – 1 Gold
- 1993 400m & 4X400m relay – 2 x Gold
- 1995 200m, 400m, & 4x400m relay – 3 x Gold
- 1997 400m – 1 Gold
- 1999 400m & 4x400m relay – 2 x Gold

3 WORLD RECORDS

- 200m – 19.66, 19.32
- 400m – 43.18
- 4x400 relay – 2:54.29

MJP MISSION

To help every athlete reach his or her full athletic potential, regardless of age, gender, limitation, sport or natural ability (or location).





LeBron James ✓

@KingJames

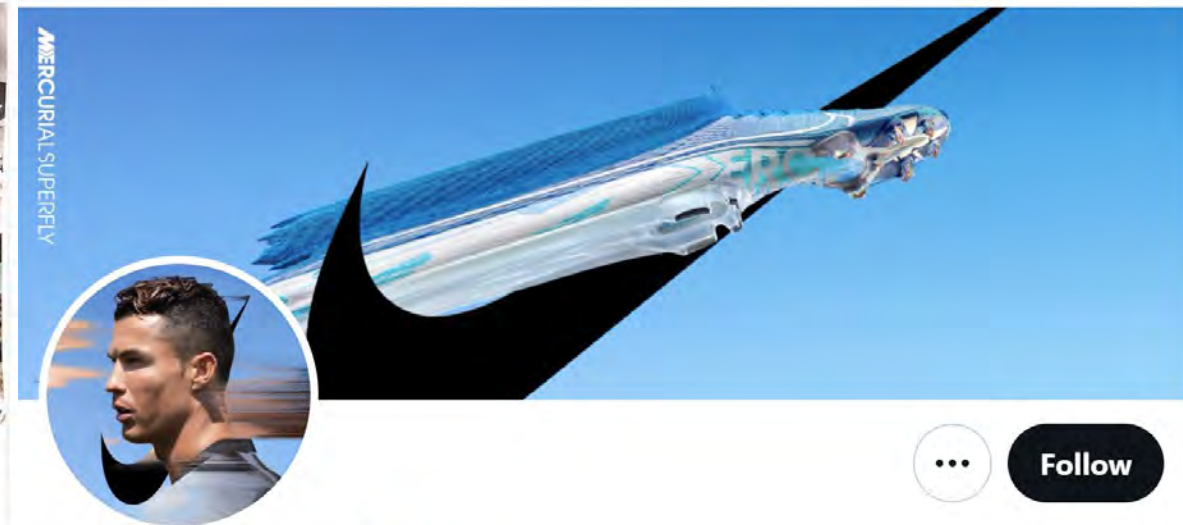
EST. AKRON - ST.V/M Class of '03 LeBronJamesFamilyFoundation.org #IPROMISE

📍 Amongst La Familia! 🔗 LeBronJames.com 📅 Joined March 2009

182 Following 49.6M Followers



Follow



Cristiano Ronaldo ✓

@Cristiano

This Privacy Policy addresses the collection and use of personal information - cristianoronaldo.com/terms

📍 Turim, Piemonte 🔗 facebook.com/cristiano 📅 Joined June 2010

56 Following 91.6M Followers



Follow



1

Cristiano Ronaldo

Soccer • Portugal

Search Score	Endorsements	Social Following
100	\$37m	148m



2

LeBron James

Basketball • United States

Search Score	Endorsements	Social Following
47	\$52m	45.3m



3

Lionel Messi

Soccer • Argentina

Search Score	Endorsements	Social Following
54	\$28m	103.1m



4

Neymar

Soccer • Brazil

Search Score	Endorsements	Social Following
55	\$19m	107.2m



5

Conor McGregor

MMA • Ireland

Search Score	Endorsements	Social Following
100	\$15m	29.7m



6

Roger Federer

Tennis • Switzerland

Search Score	Endorsements	Social Following
23	\$41.5m	14.5m



7

Virat Kohli

Cricket • India

Search Score	Endorsements	Social Following
25	\$20m	37.1m



8

Rafael Nadal

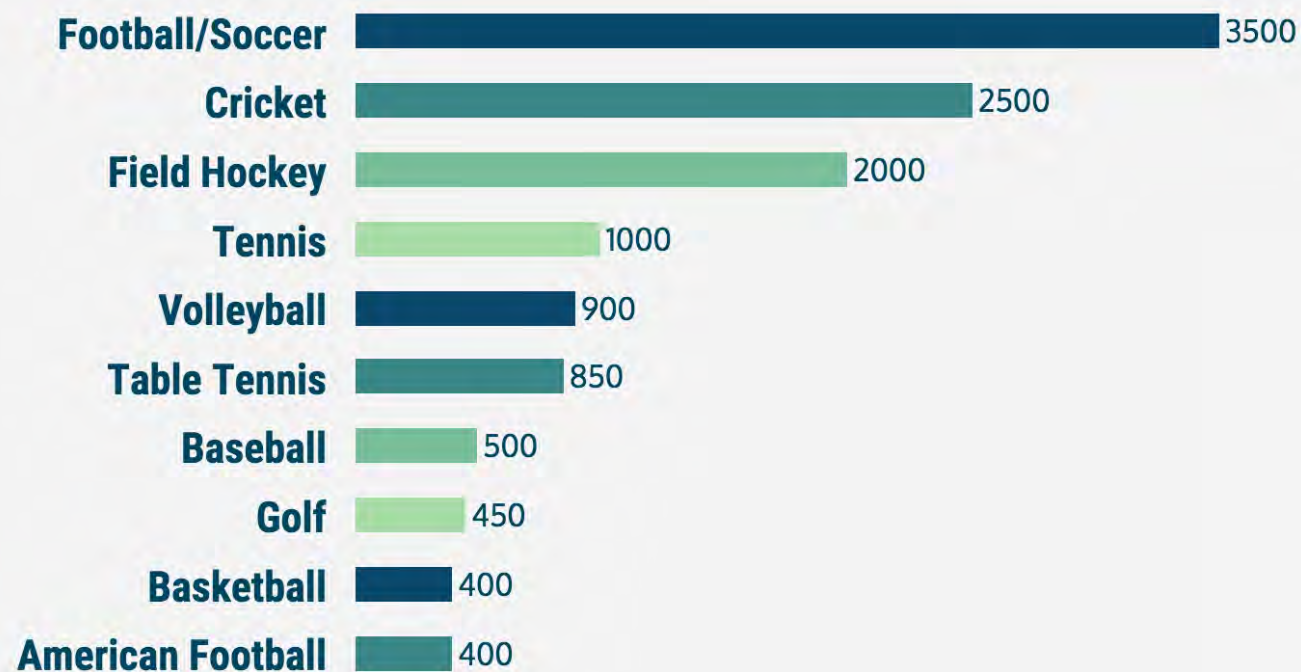
Tennis • Spain

Search Score	Endorsements	Social Following
40	\$29.3m	15.6m

The Top 10 Most Popular Sports in the World

STATS FROM TOP END SPORTS | GRAPHIC BY MAKE GAMEDAY EVERYDAY

ESTIMATED GLOBAL FANS (MILLIONS)





#1 MOST VALUABLE TEAM

CHART KEY

#50 MOST VALUABLE TEAM

MANCHESTER UNITED

\$2.2B

\$674M

TEXAS RANGERS

REAL MADRID

\$3.3B

\$785M

OAKLAND RAIDERS

REAL MADRID

\$3.4B

\$856M

AC MILAN

REAL MADRID

\$3.3B

\$1.15B

MINNESOTA VIKINGS/
DALLAS MAVERICKS
(TIE)

DALLAS COWBOYS

\$4B

\$1.48B

JACKSONVILLE JAGUARS

DALLAS COWBOYS

\$4.2B

\$1.75B

NEW ORLEANS SAINTS/
LOS ANGELES ANGELS
(TIE)

DALLAS COWBOYS

\$4.8B

\$1.95B

CLEVELAND BROWNS

DALLAS COWBOYS

\$5B

\$2.08B

NEW ORLEANS SAINTS

2012

2013

2014

2015

2016

2017

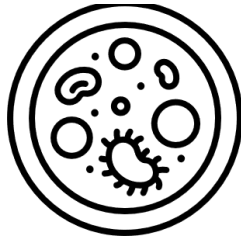
2018

2019

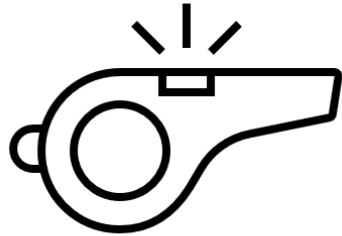
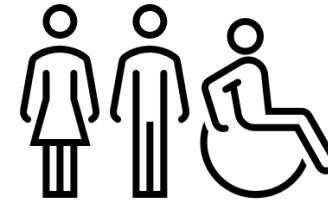




CULTURE



COACHES



COACHING

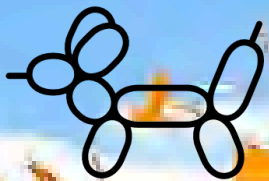


CONTENT



CARNIVAL







CARNIVAL



PICANHA





CARNIVAL



PICANHA



SPEED





CONCENTRIC STRENGTH		VERTICAL ELASTIC POWER		REACTIVITY & STIFFNESS			HORIZONTAL POWER	
<i>Time to Peak Isotonic Force (RFD) (s)</i>	<i>Relative Isotonic Force (N/kgBW)</i>	<i>Relative Vertical Power (W/kgBW)</i>	<i>Relative Vertical Force (N/kgBW)</i>	<i>Slow Stretch-Shorten Cycle (EUR)</i>	<i>Fast Stretch-Shorten Cycle (Reactivity)</i>	<i>Muscle-Tendon Stiffness (kN/m)</i>	<i>Bilateral Explosive Lower Body Power-Broad Jump (m)</i>	<i>Unilateral Elastic-Power-5 Bound (m)</i>
0.29	26.1	34.7	27.6	1.16	3.18	65.2	2.54	11.0*
0.44	24.3	35.8	26.1	1.12	4.09	65.1	2.54	DNT (absent)
0.34	29.9	38.7	32.5	1.17	3.31	73.6	2.7	11.5*
0.41	27.4	49.7	31.9	0.88	3.37	66.0	2.87	11.4*
0.19	26.3	23.5	25.0	1.10	2.27	92.8	2.68	11.9*
0.40	26.2	47.0	26.7	1.20	3.42	82.9	DNT (see THROWERS ADDENDUM)	
0.25	24.7	46.4	23.9	1.15	4.3	83.5	2.37	10.2*
0.31	26.6	36.3	25.2	1.10	4.09	58.8	2.16	10.4*
0.30	20.4	27.1	23.6	1.02	2.47	62.7	2.29	9.6*
0.48	20.4	6.3	22.0	1.04	2.69	82.6	DNT (see THROWERS ADDENDUM)	
Standard <0.30	Standard >30	Standard >50	Standard >30	Standard ≥1.10	Standard >4.00	Standard >70.0	Standard >2.7	Standard* 14-15
Standard <0.30	Standard >24	Standard >41	Standard >24	Standard >1.10	Standard >4.00	Standard >70.0	Standard >2.4	Standard* 12-14



CONCENTRIC STRENGTH		VERTICAL ELASTIC POWER		REACTIVITY & STIFFNESS			HORIZONTAL POWER	
<i>Time to Peak Isotonic Force (RFD)</i> (s)	<i>Relative Isotonic Force</i> (N/kgBW)	<i>Relative Vertical Power</i> (W/kgBW)	<i>Relative Vertical Force</i> (N/kgBW)	<i>Slow Stretch-Shorten Cycle</i> (EUR)	<i>Fast Stretch-Shorten Cycle</i> (Reactivity)	<i>Muscle-Tendon Stiffness</i> (kN/m)	<i>Bilateral Explosive Lower Body Power-Broad Jump</i> (m)	<i>Unilateral Elastic-Power-5 Bound</i> (m)



 **Eamonn Flanagan** @EamonnFlanagan · May 16, 2016
Example from @facedoyle of 10/5 Reactive Strength test outlined in @trainwithPUSH article





CARNIVAL



PICANHA

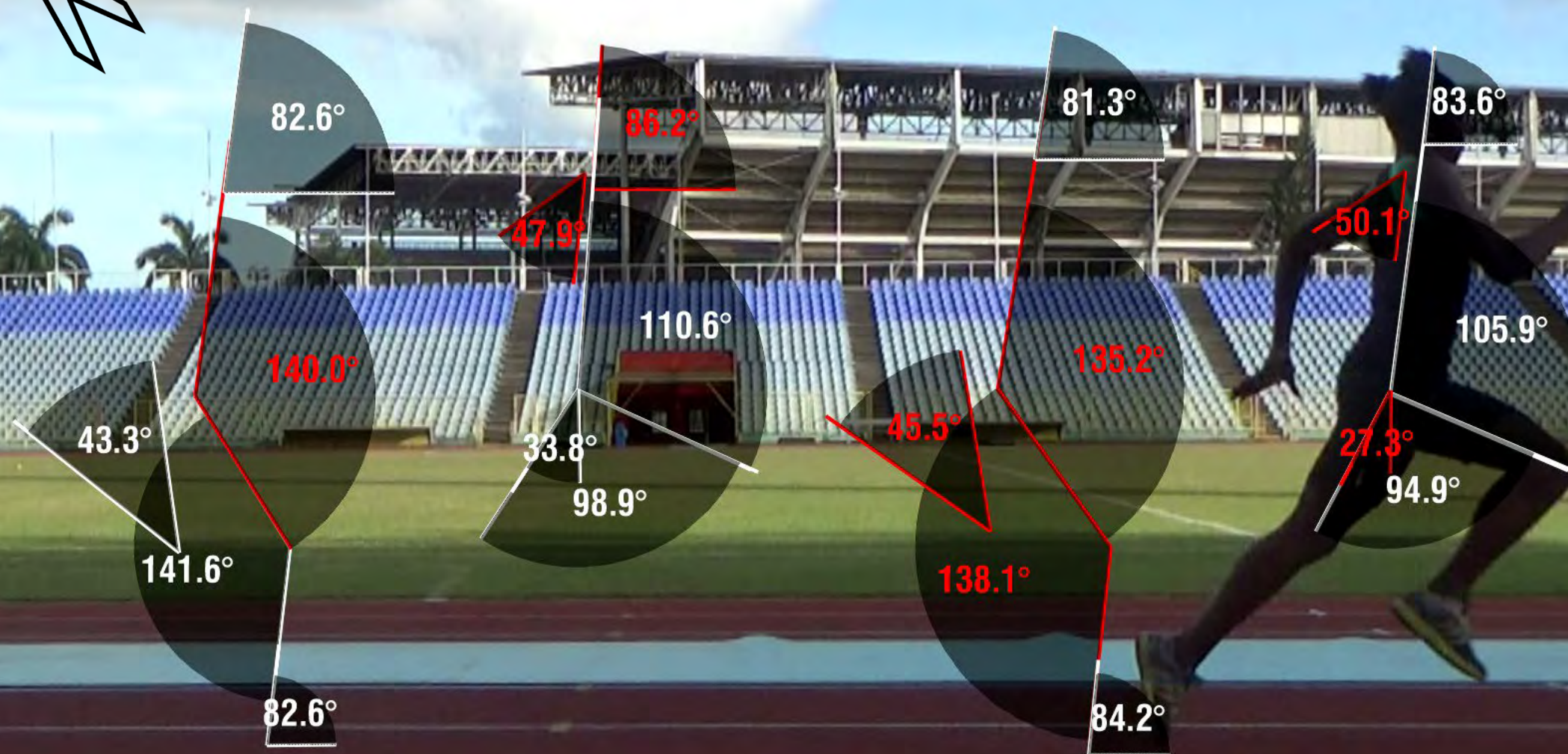


SPEED



SCISSORS

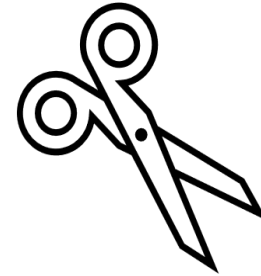
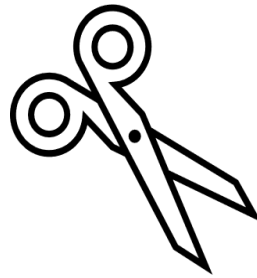
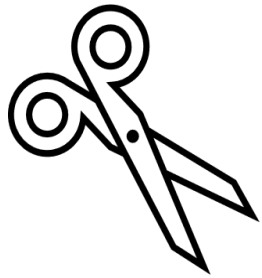


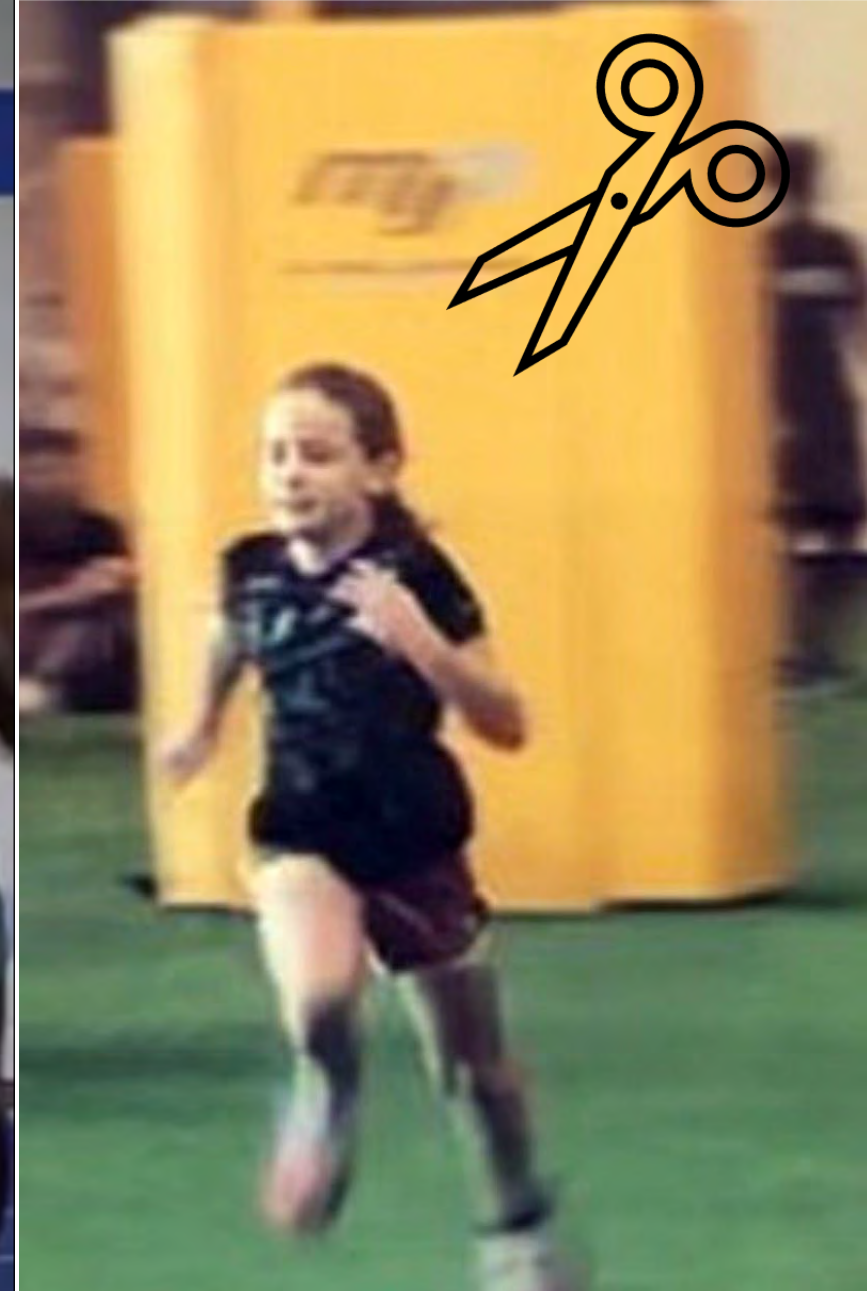


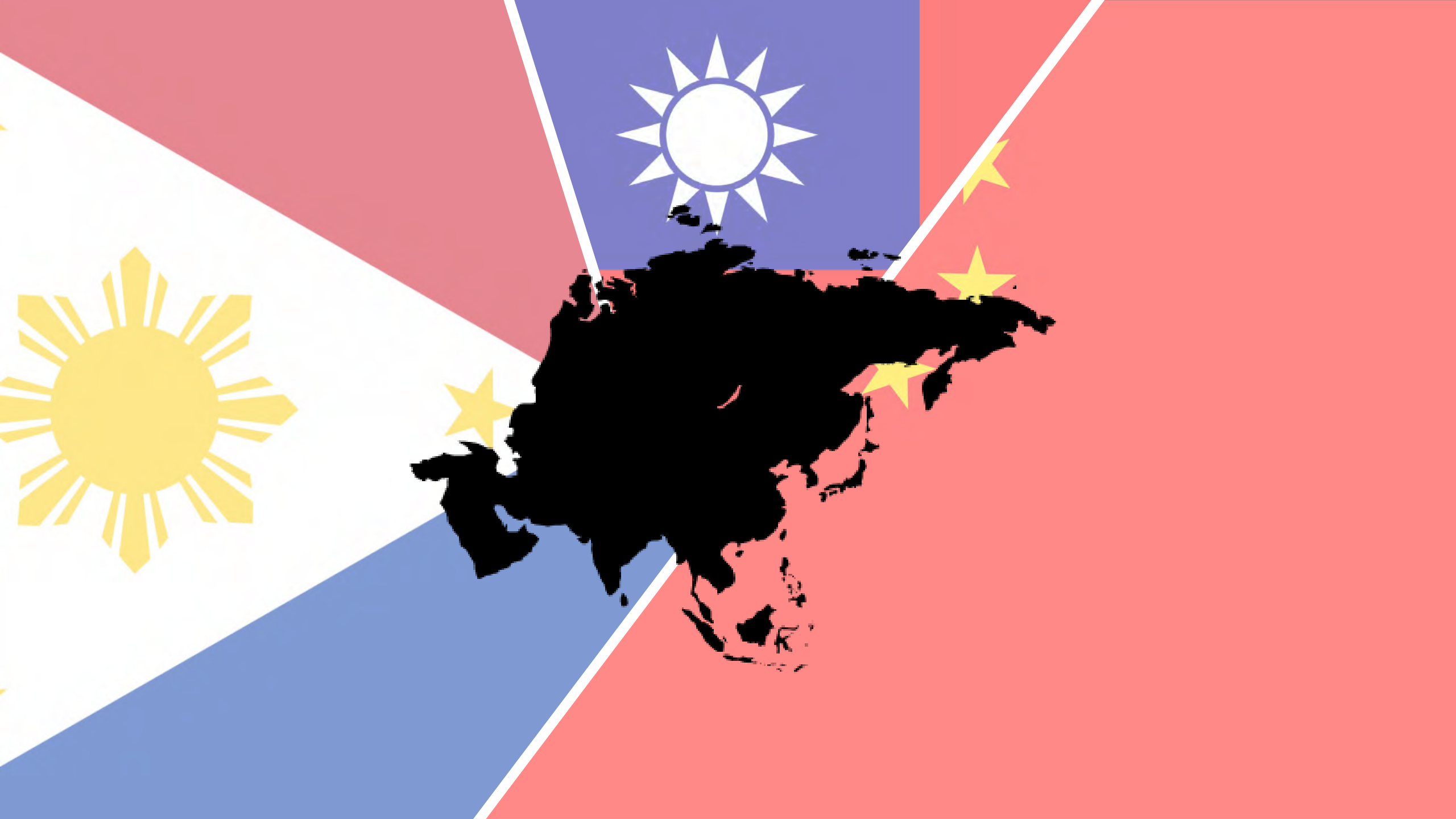
MAXV TRAINING: SPEED SCHOOL

Brazil Series (“Boom-Booms”)

Purpose: Increased Frontside Thigh-Block & “Switching” (drive-down), Correction of “Sitting” Posture

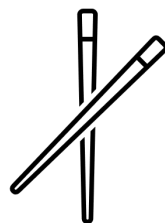






DINNER





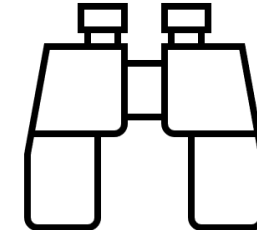


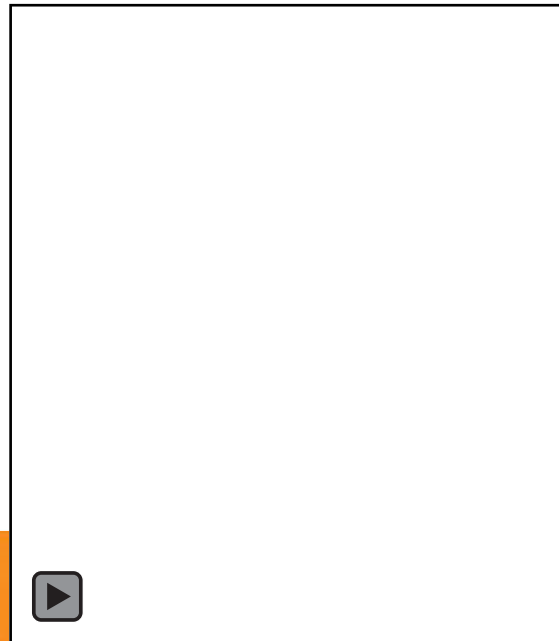
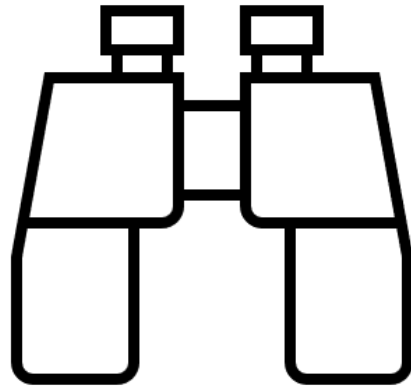
DINNER



SEARCH







DINNER



SEARCH



BALANCE





「2022年北京冬奥会，
我希望能代表祖国站在最高领奖台上奏
—— 一个运动员」

范可新

中国女子短道速滑运动员

冰上的
蛟龙

DINNER



SEARCH



BALANCE

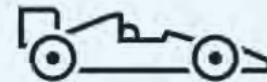


STEPS

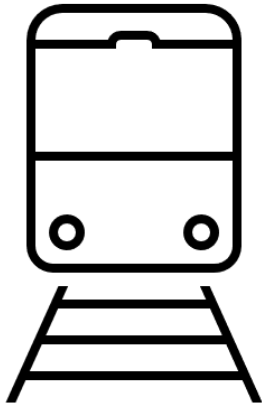




TUBE & TRAIN



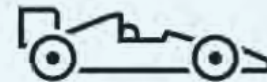
Tube Map

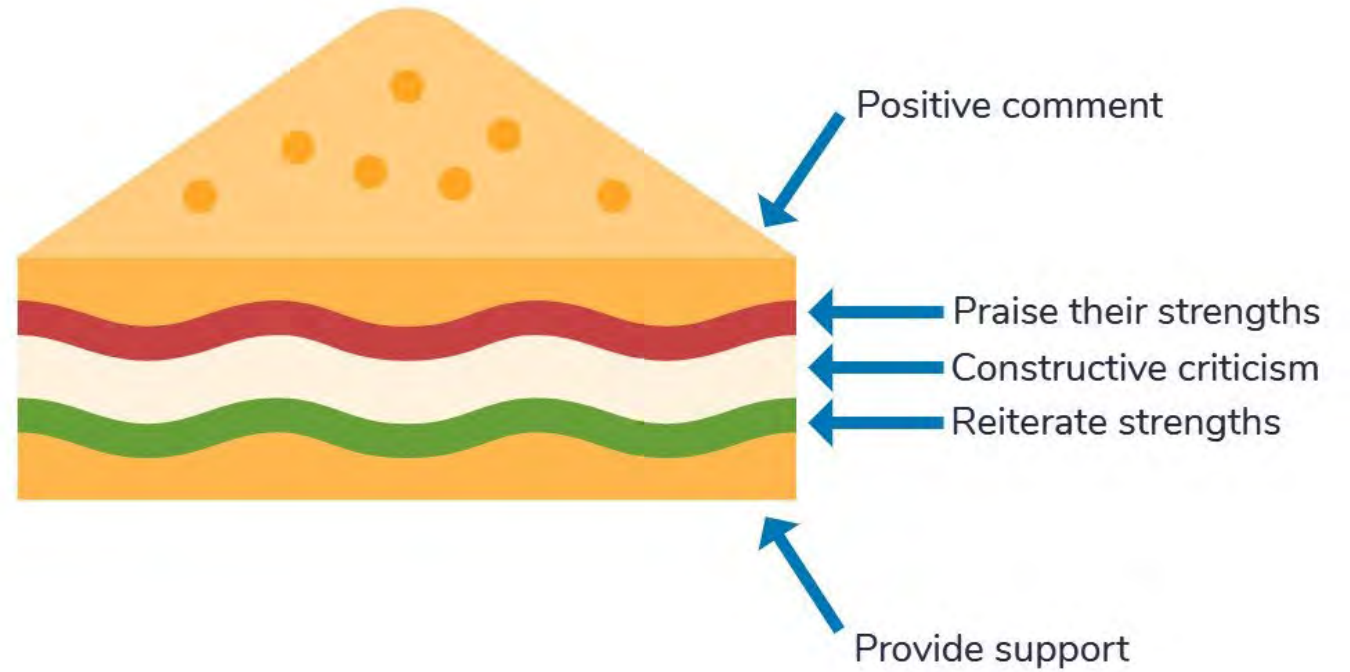


TUBE & TRAIN



TOP & TAIL





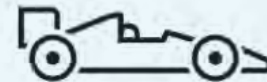
TUBE & TRAIN



TOP & TAIL



DATA ANALYSIS



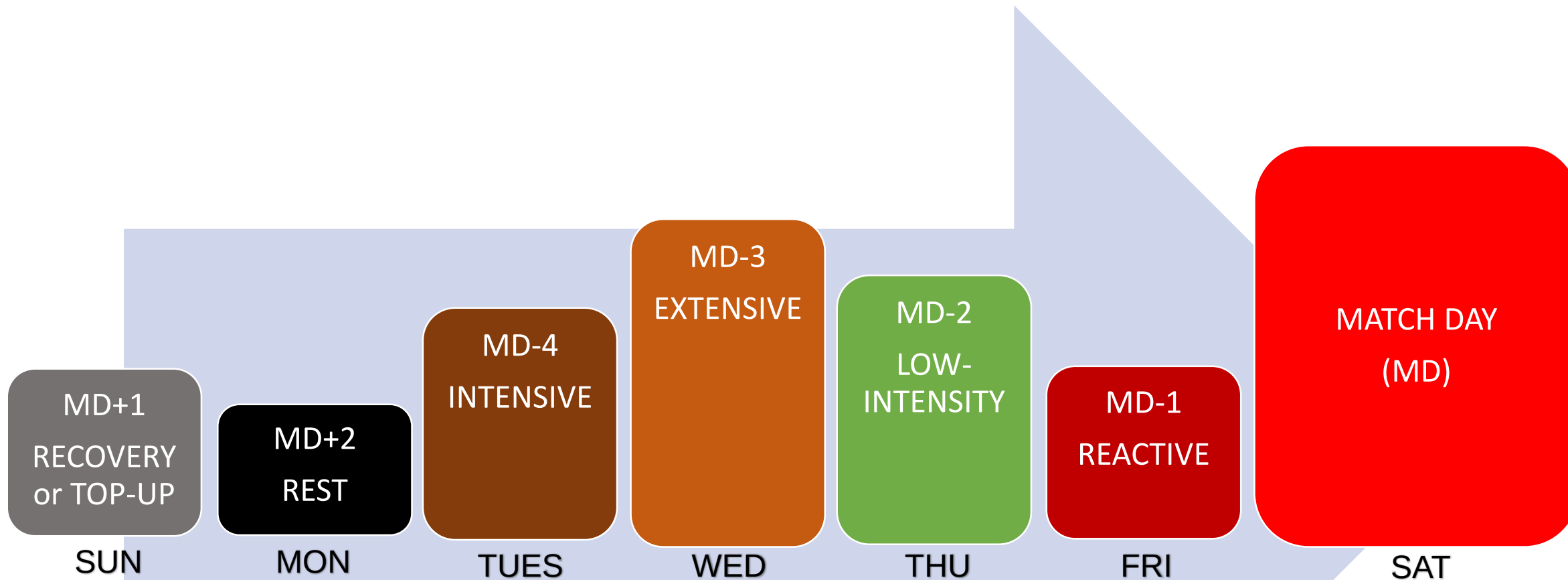
- ✕ **Loughborough University**
- ✕ **The University of Queensland**
- ✕ **University of British Columbia**
- ✕ **The University of Sydney**
- ✕ **University of Toronto**
- ✕ **University of Birmingham**
- ✕ **University of Florida**
- ✕ **The Ohio State University**
- ✕ **University of Alberta**
- ✕ **University of Bath**

World's Best Universities For Sports Science In 2018



	Title	Type	↓ SJR	H index	Total Docs. (2019)	Total Docs. (3years)	Total Refs. (2019)	Total Cites (3years)	Citable Docs. (3years)	Cites / Doc. (2years)	Ref. / Doc. (2019)	
1	International Review of Sport and Exercise Psychology	journal	4.504 Q1	32	18	30	2017	435	29	17.43	112.06	
2	British Journal of Sports Medicine	journal	3.712 Q1	156	458	1180	12796	7172	663	10.46	27.94	
3	Sports Medicine	journal	3.290 Q1	174	186	578	12696	4368	468	9.09	68.26	
4	American Journal of Sports Medicine	journal	3.243 Q1	210	482	1238	16549	7158	1079	6.12	34.33	
5	Journal of Bone and Joint Surgery - Series A	journal	2.482 Q1	249	417	1230	11728	4779	966	4.63	28.12	
6	Bone and Joint Journal	journal	2.375 Q1	172	285	868	8217	3566	771	4.52	28.83	
7	Arthroscopy - Journal of Arthroscopic and Related Surgery	journal	2.292 Q1	155	605	1438	13717	4093	845	4.57	22.67	
8	Journal of Shoulder and Elbow Surgery	journal	1.984 Q1	133	423	1094	13105	3573	1036	3.19	30.98	
9	Medicine and Science in Sports and Exercise	journal	1.886 Q1	216	336	964	10494	4257	882	4.05	31.23	
10	Journal of Physiology	journal	1.871 Q1	229	542	1815	25925	6336	1498	3.77	47.83	





TUBE & TRAIN



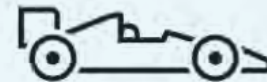
TOP & TAIL



DATA ANALYSIS



TURN SPEED





“Increasing volume or intensity of deceleration activity contributes to a vicious cycle of ever-increasing fatigue, diminishing coordinative proficiency, and subsequent risk of accumulating tissue damage.”

Harper & Kiely, 2018

The background is a solid red field. In the upper left corner, there is a large yellow five-pointed star. To its right and slightly lower, there is a curved arc of four smaller yellow five-pointed stars, arranged diagonally from top-left to bottom-right.

“HE WHO RETURNS FROM A
JOURNEY IS NOT THE SAME AS HE
WHO LEFT.”

–Chinese Proverb

THANK YOU

@JOSEPHCOYNE

@KELLISELMAN

@PHYSIOSTEVEKEMP

@COACHODEGARD

@BEN_ROSENBLATT

@BRIANABADIE

@EATSLEEPTRAIN_

@SPEEDCOACHLINDZ

@RETTLARSON

@BMONROE25

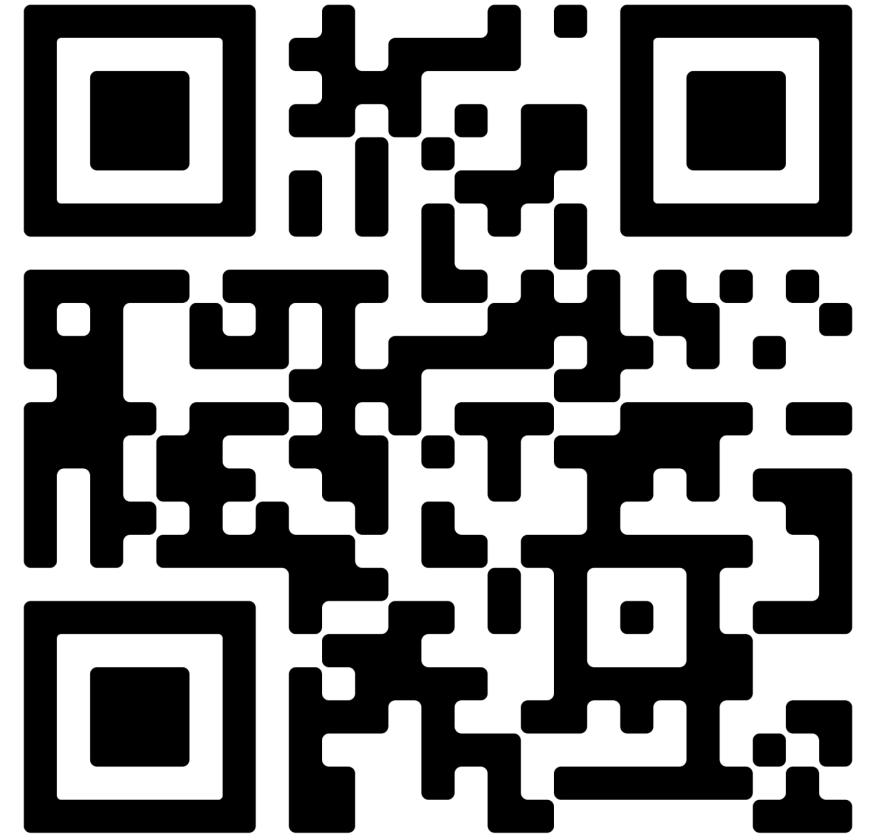
@MJP360



@MJPLANCEW

MJPERFORMANCE

LWALKER8585



SCAN ME