

Acceleration Running



Acceleration running is a form of interval training, which involves a gradual increase of pace from a walk, to a jog, to a stride, and then to a sprint before returning to a recovery walk.

Each change of pace should take place over a similar distance. For speed and anaerobic work the distances for each pace could be from 10 to 20 yards and for aerobic endurance the distances could be from 100 to 200 yards. The walk segment should be slow enough to allow the player's heart rate to drop below 130 beats per minute. The number of repetitions will depend on the player's fitness level. They should work until they are tired, but not exhausted.

Overload can be applied by either increasing the number of repetitions or decreasing the time taken for each run. The rest period depends on heart rate recovery and must not be shortened as a means of overloading the player.

Dribbling skills can also be incorporated into this method of training that stresses both anaerobic and aerobic energy systems. It is a good training method for pre-season and early season training.

Acceleration running is a good training method for cold weather because the gradual increase in speed is less likely to cause injury to cold muscles than a sudden change of speed.