



Run Faster With Isometric Training

By Larry Van Such

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Athletic training manual shows in specific detail how to increase your running speed. Program uses an isometric training strategy along with resistance bands to strengthen the fast-twitch muscle fibers in specific leg/thigh muscles involved in sprinting. These include the thigh flexors, hamstrings, quadriceps, adductor, abductor, and thigh extensor muscles. Each muscle group requires only 3 minutes of training every other day for two weeks before results can be seen. To date, this is the fastest way to run faster. Program can be used for athletes on any level from grade school to professional. Unlike aggressive weight training, plyometric training, parachutes and weight sleds, that leave you feeling tired and sluggish afterwards, isometric exercises leave you faster and more responsive immediately. Almost no setup is required. Helps improve all phases of sprinting from the first step, to lateral mobility, to high end sprinting. Currently being used by NBA, MLB, NFL athletes along with high schoolers and grade school children.

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Editorial Review

Review

"I am experiencing immediate results. I am hitting gears I haven't hit since high school" -- *Kenny White, Semi Pro Football. Los Angeles CA*

"My 12 year old son is now one of the fastest players in the county" -- *Mark Vandewater, Longwood Fl*

"My players are getting to more balls and setting up for shots more quickly" -- *Herb Foster, Wright State Head Tennis Coach*

"Your program has helped my sons foot speed a great deal! I recommend this program to any athlete." -- *Dennis Hopson, Ohio State All American Basketball. NBA Nets, Bulls Kings*

Program Comes equipped with two isometric speed training bands and instruction book. -- *Dr. Larry Van Such, Author of Run Faster With Isometric Training.*

Program includes two isometric speed training bands. -- *Dr. Larry Van Such, Author of Run Faster With Isometric Training*

From the Publisher

We personally put the program to test and were amazed at how simple and productive these exercises actually were. As the author puts it, speed training should be, as the name implies, fast. This program required only 3 minute sessions. We didn't even break a sweat, but the fast-twitch conditioning was immediate. In an age where people want something new and different, sometimes keeping it simple is the smartest thing. Unless you have tried isometric training using the resistance band for speed training, you have a huge reservoir of untapped muscular energy just waiting to be released. Information this helpful had to be printed.

From the Author

A few years back, I was casually experimenting with a training technique I had learned when I was about twelve years old known as isometric training. I wanted to run faster to help with my flag football team. Being a chiropractor, I learned the specific muscle groups in the legs responsible for sprinting. I can remember in the past that every time I thought I was being trained for speed by my coaches I actually got slower. I decided to experiment with isometric training using the resistance band on my leg muscles and in just two days I had become faster than when I was in high school. I shared this information with my brother and he got the same results. I continued with everyone I knew and they all got faster. I soon realized that speed training was being taught all wrong with weight-sleds, parachutes, plyometric etc. that I am determined to prove to any athlete that I can make them faster in just 14 days by using my strategies. The training concept is so fundamentally solid that it makes me shake my head when I see athletes on ESPN going through "speed" drills when in fact they are actually going through "strength and endurance" drills. Many trainers do not like to be told they are wrong and continue to condition their athletes for strength and endurance functions while at the same time telling them it's for speed. I simply tell them to try my program with an open mind and let the results speak for themselves. Some trainers are now coaching the fastest teams in their division simply because they didn't let their pride get in the way.

Users Review

From reader reviews:

Clarence Liller:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a book. Beside you can solve your problem; you can add your knowledge by the guide entitled Run Faster With Isometric Training. Try to the actual book Run Faster With Isometric Training as your good friend. It means that it can be your friend when you really feel alone and beside that of course make you smarter than previously. Yeah, it is very fortunate to suit your needs. The book makes you much more confidence because you can know every thing by the book. So , let's make new experience in addition to knowledge with this book.

Teresa Raap:

This Run Faster With Isometric Training book is just not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is actually information inside this publication incredible fresh, you will get data which is getting deeper a person read a lot of information you will get. This particular Run Faster With Isometric Training without we comprehend teach the one who examining it become critical in contemplating and analyzing. Don't possibly be worry Run Faster With Isometric Training can bring whenever you are and not make your carrier space or bookshelves' grow to be full because you can have it within your lovely laptop even mobile phone. This Run Faster With Isometric Training having very good arrangement in word and layout, so you will not really feel uninterested in reading.

Deb Valdez:

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Vickie Gilbert:

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