

SpeedBlast™ Training Certification

SpeedBlast™ Training is an accredited course in linear speed and sports specific speed development using scientifically robust training systems.

The workshop is sanctioned and accredited by the National Strength and Conditioning Association (NSCA), the National Academy of Sports Medicine (NASM), and the Training & Wellness Certification Commission (TW-CC).



NATIONAL PERSONAL TRAINING INSTITUTE®

The fully accredited Speedblast Training™ course is designed specifically for personal trainers, strength and conditioning specialist, fitness instructors, sports coaches, and physical therapists

The dynamic nature of this workshop will give students the opportunity to learn the underpinning theory and practical knowledge for constructing safe and effective speed training programs.

Earn 0.7 Continuing Educational Units (CEU's) on this one day workshop.

Learn how the key factors such as genetic predisposition, flexibility, fatigue, and technique affect speed development.

Learn how to assess the sprint technique through a systematic analysis of the different sprint phases.

Learn different sprint technique drills that enhance the drive and recovery phases of sprinting and how to calculate optimal stride length.

Learn how to safely and effectively implement over-speed and resisted sprint training techniques that enhances stride length and stride frequency.

Learn how to apply the “contrast training” method of speed development to sports specific speed development.

The cost of the course is \$300 for the day and will be conducted at the National Personal Training Institute. Seating is limited.

All payments must be received prior to commencement of the course.



NSCA CEU
APPROVED



The course is delivered by Chris Williams who is the Lead Instructor for the NPTI in Orlando, International Lecturer, and Certified Strength and Conditioning Specialist (CSCS).

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