

Event: Level Up Speed Dev. 4 Week Acceleration Program

Session Length: 50 minutes

Start Date: Within 2 Days of Program Purchase



High-Precision Athletic Development

Speed is not just effort. It's mechanics, force, and efficiency.

The Level Up Speed Development program is designed to help athletes build real, transferable speed through detailed movement coaching and progressive development.

Athletes train in small groups or individually with high focus on their technique, acceleration mechanics, and speed durability.

This program focuses on building speed that holds up in competition.

What Athletes Develop:

- Explosive first step acceleration
- Proper sprint mechanics and posture
- Efficient force application
- Improved speed transition and top-end speed
- Injury-resilient movement patterns

PROGRAM STRUCTURE:

Week	Development	Result
1	Acceleration & first step efficiency	Instant Displacement. Eliminate wasted movement to win the first battle of every play.
2	Force production & sprint launch angle	Horizontal Projection. Maximize ground reaction force at the precise angle required for elite-level drive.
3	Elastic speed and transition mechanics	Reactive Fluidity. Seamlessly shifting from the drive phase into top-end velocity without losing momentum.
4	Integration and performance transfer	Game-Speed Mastery. Ensure technical mechanics hold up under high-intensity, competitive demands.

Training Environment: Small group development (maximum 1-4 athletes)

- High attention coaching
- Structured progression
- Real performance application

This is a detail-driven program focused on mastering movement. Athletes are guided through why, not just what. The end result - efficient speed that holds up under real demands.

SPEED DEVELOPMENT FRAMEWORK

- Technique and sprint mechanics
- Movement efficiency and force production
- Injury-resilient development
- Measurable progression

Program Details:

- Length: 4 weeks
- Session Time: 50 minutes
- Athlete Capacity: Limited spaces available

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tim-lukas.com

