

Training Methods and Timeline					
Ballistic Speed	Speed-Strength	Strength-Speed	Strength-Speed	Maximal Strength	Supra Maximal Method
Jumps, Plyos, Throws, Weighted Jumps, Elasticity Drills	Lifting movements with limited load, loaded sports movements	Olympic Lifts, Lifting Exercises against moderate load (30-70%)	Lifting Exercises with moderate to near maximal load (50-85%) Loaded sports movements performed at a controlled pace	Lifting exercises with a heavy load (85%+) Eccentric training, Isometric Training	Eccentric Training with loads over concentric max (105%-140%) Heavy partials, Cheated reps
$F = M \times A$	$F = M \times A$	$F = M \times A$	$F = M \times A$	$F = M \times A$	$F = M \times A$
Acceleration is very dominant. Mass is low	Acceleration is very dominant. Mass is low	Acceleration and mass are contributing equally	Mass is dominant, Acceleration is low	Mass is very dominant, Acceleration is very low	Mass is very dominant, Acceleration is very low to none
High Speed Strength Exercises			Low Speed Strength Exercises		
Most transferable capacity in regard to sports performance			Serves as the foundation for the development of many other physical qualities including sport specific power		
Develop the capacity to exert as much force as possible in as little time as possible			Develop the transferable capacity to exert force against a very heavy object		
Serves as a 2nd foundation for speed. Low speed strength is a foundation for high speed strength, which is a foundation for absolute speed.			Increase muscle mass and tendon strength		
			Early Off Season		
			Late Off Season		
Pre-Season					
		Early In-Season			
		Late In-Season			