

TRAINING FREQUENCY

At S3, we recognize that training frequency plays a crucial role in an athlete's development. Training once a week is an excellent way to maintain your current skills and physical abilities, helping you stay sharp and avoid regression. However, for those looking to see noticeable improvements and progress their performance, training twice a week allows for more focused development, enabling athletes to build strength, speed, and technique over time. For athletes committed to reaching their full athletic potential, training three to four times a week provides the most significant opportunity to maximize performance gains, accelerate progress, and achieve peak results in both skill and physical conditioning.

FREQUENCY	BEST FOR	OUTCOME FOCUS
1x / week	Maintenance & consistency	Stay sharp, limit regression
2x / week	Steady improvement	Build strength, speed, technique
3-4x / week	Peak development	Maximize gains & readiness

KEY PHASES OF EACH BLOCK

At Speed, Strength, Science Athletic Performance (S3), our training programs are designed to optimize athletic development through carefully structured progressions and regressions, tailored to the training age and skill level of each athlete. We use a periodized approach, organizing our training into multiple-week blocks to maximize performance gains while minimizing the risk of injury.

PHASE 1

Accumulation

Athletes build a solid foundation of strength, endurance, and technique — developing the physical capacities needed for higher-intensity work.

PHASE 2

Realization

Focus shifts toward refining and improving performance in specific athletic movements and skills, transitioning athletes closer to peak performance.

PHASE 3

Peaking

Athletes fine-tune their abilities and achieve optimal performance levels, readying themselves for competition or testing.

FOUR TRAINING THEMES, EVERY CYCLE

- **Acceleration** — explosive power and quickness in short bursts, focusing on the start and first few steps.
- **Maximum Velocity** — top-end speed and efficiency at full sprint.
- **Change of Direction** — agility and the ability to quickly and efficiently redirect movement.
- **Speed Endurance** — maintaining speed over longer periods or repeated efforts.

FOCUS AREAS

Throughout each training cycle, we emphasize three core performance pillars:

SPEED

STRENGTH

POWER

By continually cycling through these themes and adjusting the intensity and complexity of exercises, we ensure that athletes are always progressing toward their goals, whether they are looking to improve their game-day performance or enhance their overall athleticism.

EVERY REP, MEASURED

At S3, we believe that tracking progress is essential for optimizing athletic development. That's why we use a performance dashboard to monitor each athlete's individual sprint efforts in real-time. The dashboard provides detailed metrics such as split times, total times, and standing broad jump output for every session. This data allows both the athlete and their coach to gain valuable insights into performance trends, identify areas for improvement, and ensure that each training session is tailored to the athlete's unique needs and goals. By using objective data, we help athletes maximize their potential and track their progress with precision.

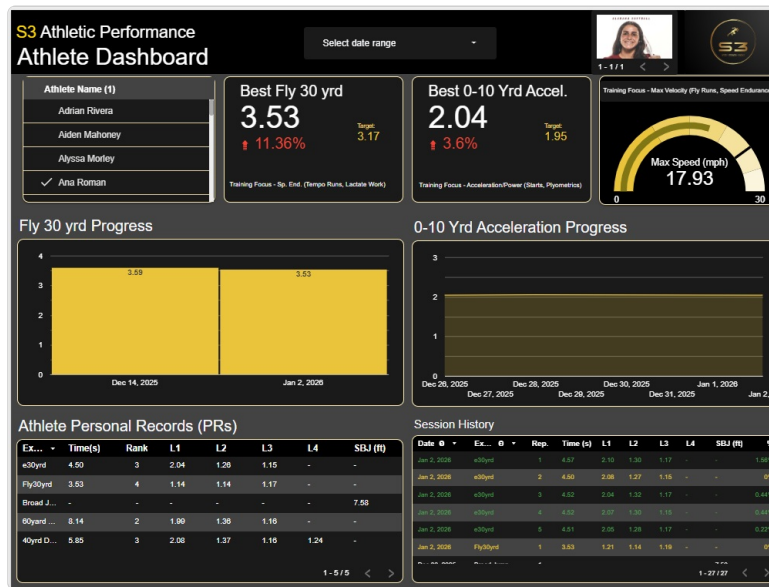


Figure 1: Sample S3 Athletic Performance Dashboard