

# SLED PUSHING & PULLING

## TO ENHANCE SPEED CAPABILITY

Reference: Cahill et al. SCJ J 2019



Designed by @YLMsPortScience

### WHY?

Resisted sled sprinting provides a stimulus for high horizontal force application

When incorporated into a strength training program it might prove to be a more effective way of improving sprint performance compared to un-resisted sprinting or traditional resistance training alone



### PUSHING OR PULLING?

If arm drive is thought important, then sled pulling offers obvious advantages to the athlete (instead of sled pushing)



Images provided by PresentMedia

Heavier type sled load training likely improved the initial acceleration phase where high horizontal forces are required

Light to moderate loading (<20% body mass) will likely improve the maximal velocity phase due to low horizontal force and higher velocity requirements

### HOW?



Heavier loads could be used in preseason phases developing maximum strength capacity

Moderate to lighter loads closer to competition to develop power



### ANNUAL PERIODIZED

# PLAN

Loading should be prescribed on the percentage reduction in velocity for each athlete rather than a set percentage of body mass



<10% high-speed (technical)



<35% speed-strength



50% power



>65% strength-speed