

42 STEPS TO THE WORLD RECORD

42 Steps to the World Record is a perspective from an athlete turned coach.

Presented by Jon Drummond

I. THE TRAINING

- a. Commitment
- b. Education
- c. Planning
- d. Cycles
- e. Strengths
- f. Weakness
- g. Timed Trials

II. NUTRITION

- a. Testing
- b. Eating habits
- c. Deficiencies
- d. Supplementing
- e. Competition Day
- f. Competition Rounds
- g. "Junk Food"

III. THERAPY

- a. Massage
- b. Chiropractic
- c. Flexibility
- d. Preventative Maintenance

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- e. Rehabilitation
- f. Post Rehabilitation
- g. Competition Preparation

IV. THE WARM UP

- a. Static
- b. Elastic
- c. Dynamic
- d. Drills
- e. Technique
- f. Situational Awareness
- g. Psychology

V. THE STARTING LINE

- a. The Blocks
- b. The Starter
- c. The Opponents
- d. The Crowd
- e. The Jitters
- f. The Calm
- g. The Commands

VI. THE RACE

- a. Reaction
- b. Block Clearance

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- c. Drive Phase
- d. Acceleration
- e. Top End
- f. Maintenance
- g. Deceleration

VII. Critical Zone

- a. Relaxed Aggression
- b. Focus
- c. "Hammer Down"
- d. Anticipation
- e. The Lean
- f. The Finish Line
- g. Oh Yeah!