

Weekly Training Tips

September 21, 2008

The last training speed of Z-Health is called Sports Speed training and most people never reach this point. Why? Very simple -- because it's very difficult to maintain efficient form while moving that fast.

Sports Speed training requires you to do each of the Z-Health mobility drills as fast as you can possibly move. This means that it is both a **strength activity AND a power activity**.

We recommend that you train in Z-Health for quite some time before you begin doing Sports Speed work as it is very, very taxing and for the unprepared, potentially damaging. So, be very careful. However, that does not say "never do it." Sports speed training is an *essential* skill set that everyone that participates in Z-Health needs to acquire. Just make sure to go slowly in your progression, but don't forget about Sports Speed.

Keep Moving,

Dr. Cobb

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