

## Youtube filmpjes over sprinttraining

### LOOPTECHNIEK

|                               |                                                                                                                                                             |
|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Run4ever Looptechniek         | <a href="http://www.youtube.com/watch?v=VDQPt-nnmig&amp;feature=related">http://www.youtube.com/watch?v=VDQPt-nnmig&amp;feature=related</a>                 |
| Focus op zwaartepunt          | <a href="http://www.youtube.com/watch?v=Q0sgLIgqr18&amp;feature=related">http://www.youtube.com/watch?v=Q0sgLIgqr18&amp;feature=related</a>                 |
| How To Sprint - Part I        | <a href="http://www.youtube.com/watch?v=6BmtGNjm7BE&amp;feature=relmfu">http://www.youtube.com/watch?v=6BmtGNjm7BE&amp;feature=relmfu</a>                   |
| How To Sprint - Part II       | <a href="http://www.youtube.com/watch?v=qmErE5ogKJE&amp;feature=player_embedded">http://www.youtube.com/watch?v=qmErE5ogKJE&amp;feature=player_embedded</a> |
| David Warren - Sprint Drills  | <a href="http://www.youtube.com/watch?v=yxkQfPhwZt0&amp;feature=related">http://www.youtube.com/watch?v=yxkQfPhwZt0&amp;feature=related</a>                 |
| Asafa Powell - Sprint Drills  | <a href="http://www.youtube.com/watch?v=qr-MOqac-bY&amp;feature=related">http://www.youtube.com/watch?v=qr-MOqac-bY&amp;feature=related</a>                 |
| Jenny Pacey - Sprint Drill I  | <a href="http://www.youtube.com/watch?v=fdKdTxZ6cMI&amp;feature=relmfu">http://www.youtube.com/watch?v=fdKdTxZ6cMI&amp;feature=relmfu</a>                   |
| Jenny Pacey - Sprint Drill II | <a href="http://www.youtube.com/watch?v=teS7o-kR0aY&amp;feature=fvwrel">http://www.youtube.com/watch?v=teS7o-kR0aY&amp;feature=fvwrel</a>                   |
| Usain Bolt - Looptechniek     | <a href="http://www.youtube.com/watch?v=MC_t8MfGHMQ&amp;feature=related">http://www.youtube.com/watch?v=MC_t8MfGHMQ&amp;feature=related</a>                 |
| Usain Bolt - Looptechniek     | <a href="http://www.youtube.com/watch?v=M7fHk7G3nGM&amp;feature=fvwrel">http://www.youtube.com/watch?v=M7fHk7G3nGM&amp;feature=fvwrel</a>                   |

### ACCELERATIE

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| Weerstand + Startoefening | <a href="http://www.youtube.com/watch?v=4OqhHRx9g">http://www.youtube.com/watch?v=4OqhHRx9g</a>                                                                   |
| Weerstandkoord + Slee     | <a href="http://www.youtube.com/watch?v=uokcjpDFrQk">http://www.youtube.com/watch?v=uokcjpDFrQk</a>                                                               |
| Parachute                 | <a href="http://www.youtube.com/watch?v=IWfWRFbFqGE">http://www.youtube.com/watch?v=IWfWRFbFqGE</a>                                                               |
| Weerstandkoord            | <a href="http://www.youtube.com/watch?v=U6JDjGiD13M">http://www.youtube.com/watch?v=U6JDjGiD13M</a>                                                               |
| Startoefeningen           | <a href="http://www.youtube.com/watch?v=EmQ8Z4XwZxk">http://www.youtube.com/watch?v=EmQ8Z4XwZxk</a>                                                               |
| Heuveloptraining          | <a href="http://www.youtube.com/watch?feature=endscreen&amp;v=8_-qhDAQW3I&amp;NR=1">http://www.youtube.com/watch?feature=endscreen&amp;v=8_-qhDAQW3I&amp;NR=1</a> |
| 5-10-5 Shuttle            | <a href="http://www.youtube.com/watch?v=Z3A35pLtqzs&amp;feature=relmfu">http://www.youtube.com/watch?v=Z3A35pLtqzs&amp;feature=relmfu</a>                         |
| 3-cone drill              | <a href="http://www.youtube.com/watch?feature=endscreen&amp;NR=1&amp;v=9uIECZKzG0">http://www.youtube.com/watch?feature=endscreen&amp;NR=1&amp;v=9uIECZKzG0</a>   |

## STARTBLOK

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| Startpositie                    | <a href="http://www.youtube.com/watch?NR=1&amp;feature=endscreen&amp;v=hxwTerqU1RA">http://www.youtube.com/watch?NR=1&amp;feature=endscreen&amp;v=hxwTerqU1RA</a> |
| Block Start Tutorial            | <a href="http://www.youtube.com/watch?v=1e2Gxq0t3ic&amp;feature=related">http://www.youtube.com/watch?v=1e2Gxq0t3ic&amp;feature=related</a>                       |
| Tyson Gay – Starttechniek       | <a href="http://www.youtube.com/watch?v=CNEYkOwpLVU&amp;feature=fvwrel">http://www.youtube.com/watch?v=CNEYkOwpLVU&amp;feature=fvwrel</a>                         |
| Asafa Powell – Starttechniek I  | <a href="http://www.youtube.com/watch?feature=fvwp&amp;NR=1&amp;v=e54UvSAKvr0">http://www.youtube.com/watch?feature=fvwp&amp;NR=1&amp;v=e54UvSAKvr0</a>           |
| Asafa Powell – Starttechniek II | <a href="http://www.youtube.com/watch?feature=endscreen&amp;v=9IwHjF_CiYc&amp;NR=1">http://www.youtube.com/watch?feature=endscreen&amp;v=9IwHjF_CiYc&amp;NR=1</a> |
| Jenny Pacey – Starttechniek     | <a href="http://www.youtube.com/watch?v=Drdm1WsRQwA&amp;feature=related">http://www.youtube.com/watch?v=Drdm1WsRQwA&amp;feature=related</a>                       |
| Ben Johnson – Starttechniek I   | <a href="http://www.youtube.com/watch?v=JDoCkY0_6y8">http://www.youtube.com/watch?v=JDoCkY0_6y8</a>                                                               |
| Ben Johnson – Starttechniek II  | <a href="http://www.youtube.com/watch?v=NbgOexIHC-U">http://www.youtube.com/watch?v=NbgOexIHC-U</a>                                                               |

## FREQUENTIE/COORDINATIE

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|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Kbands wall drill            | <a href="http://www.youtube.com/watch?v=l4prDX-Z-Ho&amp;feature=fvwrel">http://www.youtube.com/watch?v=l4prDX-Z-Ho&amp;feature=fvwrel</a>   |
| David Warren - Sprint Drills | <a href="http://www.youtube.com/watch?v=yxkQfPhwZt0&amp;feature=related">http://www.youtube.com/watch?v=yxkQfPhwZt0&amp;feature=related</a> |
| Speed ladder I               | <a href="http://www.youtube.com/watch?v=t26CIBKRKWE&amp;feature=related">http://www.youtube.com/watch?v=t26CIBKRKWE&amp;feature=related</a> |
| Speedladder II               | <a href="http://www.youtube.com/watch?v=gXkt1txOunI&amp;feature=related">http://www.youtube.com/watch?v=gXkt1txOunI&amp;feature=related</a> |
| Speedladder III              | <a href="http://www.youtube.com/watch?v=B_bbBgIPGHA&amp;feature=related">http://www.youtube.com/watch?v=B_bbBgIPGHA&amp;feature=related</a> |

## KRACHT

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| Plyometrics                  | <a href="http://www.youtube.com/watch?v=aZsOmoNnGwo&amp;feature=relmfu">http://www.youtube.com/watch?v=aZsOmoNnGwo&amp;feature=relmfu</a>   |
| David Warren - Sprint Drills | <a href="http://www.youtube.com/watch?v=yxkQfPhwZt0&amp;feature=related">http://www.youtube.com/watch?v=yxkQfPhwZt0&amp;feature=related</a> |
| Rompkracht I                 | <a href="http://www.youtube.com/watch?v=hEq4_rgn4XI&amp;feature=related">http://www.youtube.com/watch?v=hEq4_rgn4XI&amp;feature=related</a> |
| Rompkracht I                 | <a href="http://www.youtube.com/watch?v=5n3mbzcRHj8&amp;feature=related">http://www.youtube.com/watch?v=5n3mbzcRHj8&amp;feature=related</a> |