

RUNNING VELOCITY

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INTENSITY

HIGH INTENSITY: 95-100% of Best Time

High central nervous system demand.
Enhances muscle fibre recruitment.
Requires complete recovery between reps.
Requires minimum 48 hours recovery between sessions.
Pumps up muscle and creates pressure against circulatory system.

MEDIUM INTENSITY: 76-94% of Best Time

Too slow to be specific to the training objective.
Too high to recover adequately within 24 hours.
Therefore, medium intensity runs are eliminated from Charlie Francis training.

LOW INTENSITY: 75% of Best Time or Slower

Circulatory / active recovery.
Speed enhancement through the effect of increased capillary density (i.e. heating of muscle motor neurons, lowering electrical resistance). Therefore, the motor neurons take on characteristics of white fibre.
Enhances ability to maintain warm-up for prolonged intervals during speed training.
Increased capillary density slows blood flow through tissue allowing more time for nutrient transfer and waste removal.