Faster In 4 Days

cutting edge techniques for speed development

By Chris Barnard
The information presented is not intended for the treatment or prevention of disease, nor is it a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional. Use of the information provided is at the sole choice and risk of the reader. You must get your physician’s approval before beginning this or any other exercise or nutrition program. This information is not a prescription. Consult your doctor, nutritionist or dietician for further information.
Chris Barnard is a strength and conditioning coach at Strength Camp, a hardcore athlete training facility in St. Petersburg, Florida, as well as owner of Total Xplosive Training and Gridiron Domination, digital training programs dedicated to maximizing overall athleticism that he developed while in transition from recovering from surgery into playing Division 1 football.

He is earned his degree in Exercise Physiology and Kinesiology at the University of Miami, where he initially went to play football before becoming ineligible. He has worked with athletes at all levels and from many different sports to produce the highest level of performance in each.

He currently resides between St. Petersburg, Florida and continues to pursue breakthroughs in athletic performance as he aspires to return back to the playing field as well as producing elite athletes through coaching.
Congratulations on getting your hands on the only manual designed to drop your 40 time in 4 days. As your new coach my sole purpose of this manual is to deliver a faster 40 immediately. I will do this by showing you a few tips and methods that have helped 100’s of athletes at many different levels.

First off I need to advise you that if you already have a sub 4.5 40 yard dash, we aren’t claiming we can get you to beat Chris Johnson’s 4.28. However, it is all respective to where you are at. I’ve seen guys who run over 6 seconds drop seconds, guys who run 5 seconds drop .5 seconds and guys who run 4.6 drop there 40 by .2 with these same methods.

We’re not going to give you guys some long-winded scientific explanations. To be honest we want to make this to give you guys no brainer methods to getting better at the 40. This by no means is an end all be all type program. I have produced this because after working with many athletes I have seen that you can make drastic changes instantaneously in this test and this is how. Hell, I myself has also drastically dropped my 40 using these tactics. If you wish to get better at all the combine tests and become a better football player we suggest following a complete off-season training program that is proven to work on all football players, such as our Gridiron Domination Program. So with that said... Let’s dive in!
First to understand why you’re not succeeding at the 40 we need you to understand some basic physiology and physics. No I won’t give you a textbook to read but bare with me with these 2 main points.

**KEY POINTS**

**POINT 1 - YOU NEED TO RE-HARDWIRE YOUR BODY**
If you’re like 90% of the population of athletes over time you have developed incorrect motor patterns. This could be from injuries, bad training form, or lifestyle. So what we first need to address is immediately deadening the nervous system to these faulty patterns and begin re-hardwiring the nervous system to fire properly in the next few days from neural adaptation.

**POINT 2 - YOU NEED YOUR BODY TO CREATE MECHANICAL ADVANTAGES**
Most athletes don’t even realize that the 40 yard dash can come down to simple physics. The first 10 yards is by far in our opinion the most important and can set you up for the rest of the race. Obtaining simple tricks for a mechanical advantage will give you an edge and can instantly drop your time.

So now that you have a brief understanding of how we’re going to tackle this 4 day challenge let’s dig into the methods that are going to get you there.
Like mentioned, before we give you anything we need to assess your own body and re-hardwire the nervous system and address muscle imbalances that are inhibiting your technique on the 40. We see many different imbalances when dealing with athletes but for this 4 day challenge we are going to address the most important. If you wish to learn an in depth approach to muscle imbalances check out our resource, Muscle Virus Solution.

With that said the number one problem we see is too tight hip flexors and inhibited glutes as well as weak uncoupled lower abdominals and weak arches in the foot that causes “flat feet”. So our goal for the next 4 days is to elongate the hip flexors get them firing forcefully and then turn on your glutes. Then fire the lower glutes and force couple them with the hip flexors and strengthen the arches of the foot.

We will do this with by performing these methods.

**FOAM ROLL AND STATIC STRETCH TO AID IN RANGE OF MOTION**

1. Lay your hip flexor region on the foam roller to release any additional tension in the area and roll back and forth approximately 30 times each side

2. Perform a long lunge position while placing your back leg on a bench. For additional stretching reach the arm high and back. Repeat 2-3 times holding the static pose for roughly 30 seconds.
3. Return back to the foam roller and sit your butt a top. Place the ankle of one leg across the lower thigh of the other. Place the tension on the glute which side is placed over the knee. Roll back and forth approximately 30 times each side. If you find an uncomfortable muscle, this is common and actually the hypertonic muscle we are targeting.

FIRE THE GLUTES IMMEDIATELY
1. Obtain a standard weight belt and place over the top of the knee caps. Adjust the length so the feet are just outside the shoulders.
2. Stand in front of a bench or box that creates a 90 degree or less angle at the knee joint.

3. Stand tall and drive the knees into the belt.
4. Lower yourself into the squat while continuing to drive the knees out through the entire range of motion.
**FORCE COUPLE THE LOWER ABDOMINALS AND HIP FLEXORS**

1. Lie on the ground with your knee bent and feet flat on the floor.
2. Place your hand under your lower back, beneath the belly button.
3. With your knees bent, raise both feet off the floor until your thighs are perpendicular to the floor.
4. Exhale, draw your belly button towards your spine and slowly lower your one leg to the ground while keeping your lower back pressed into your hand.
5. Raise your lag back to the starting position and repeat with the other leg.

6. Perform 10-20 reps

**DINISH FLAT FEET**

1. Begin by sitting in a chair and come to sit on the edge of it so your feet are easily flat on the floor and knees bent to a 90-degree angle.
2. Place a thick towel flat in front of your feet so that both feet are fully on the towel.
3. Grab the towel with your toes and pull the towel underneath you.
4. Once the full towel has been “crunched” up underneath you. Spread it back out and repeat 10 times.
METHOD 2 -
CREATING THE BEST MECHANICAL ADVANTAGES

For you to perform well on this test we need your body to not fight physics but create the best mechanical advantages. This is so important that if accomplished you could beat a guy in the 40 that would usually beat you on the field of play. Here we take the most important points of the test and apply them in these easy steps.

THE START

1. Place your power leg approximately 1/2 of your shoe length behind the starting line. Then place your other foot approximately 6 inches behind the other foot aligning both of them within the shoulders. Most people use their left leg as their Power Leg so we will use that as our cue.

2. Right hand on the line.
3. Left hand at the hip
4. Drive the Power Leg’s knee down towards the ground and tuck the chin

FIRING OFF THE START

1. Soon as you obtain the starting position pause 2 “Mississippi’s”
2. Fire off by loading the power leg and squeezing the right leg’s glute
3. Fire the left arm high over the head to create the longest lever while firing the right elbow back and punching the right knee.
4. Maintain a tucked chin throughout the first 10-20 yards, depending on your skill level.
5. Continue through the rest of the sprint with relaxed traps and face.

ARM PUMP (USE THIS DRILL TO TRAIN PROPER ARM POSITIONING)

1. Start out on the left knee with a slight forward lean with the chin tucked.
2. Start with elbows both at 90-degree angles.

3. Raise the right hand up towards the face, “as if you were going to take a drink”.
4. Break the hip with the left elbow.

5. Begin by pumping the arms in a fast controlled manner into these positions for 20 repetitions.

**RUNNING CYCLE**

**HIGH KNEE PISTONS**

1. Start with both feet on the line just inside the shoulders.
2. Place your weight on the balls of the feet but pull the toes to the top of your shoe.
3. Fire off by punching the knee high and repeat running with high knees.
4. Maintain on the balls of the feet with the toes pressed to the top of your shoe.
5. Run for 10 yards
HIGH KNEE BUTT KICKS
1. Start with both feet on the line just inside the shoulders.
2. Place weight on ball of the feet.
3. Fire off by punching the knee high but focus on firing the hamstring to “kick your butt”
4. Run for 10 yards.

WALL SPINTS
1. Start with your hands on a wall right below your chest.
2. Extend your body out so the load is on the hands.
3. Drive the right knee towards your stomach while the left leg is on the balls of the feet.
4. Alternate firing each leg repeating for 10 repetitions.
METHOD 3 - COMPLEX TRAINING

For the purposes of this 4 day challenge we need to focus on one particular type of training, Complex Training. Complex Training is a method used to obtain a Post-Activation Potentiation. In essence, we will be loading a movement that mimics the same movement in the sprint to heighten or excite the recruitment of motor units and then transfer them over to the sprint. Since we only have 4 days we have chose 2 of the most effective lifts.

SPEED BOX SQUATS
1. Start by lining up your feet outside your shoulders and toes pointed slightly out.
2. Lower yourself slowly onto a box that is approximately at a 90-degree angle and then pause for 1 “Mississippi”.
3. Pushing through the heels, explode up into full extension.
4. Then rest for 20 seconds and perform a 10 yard sprint

SLED OR PROWLER SPRINTS
1. Start with either a traditional sled or Prowler
2. Maintain sound technique while driving through the heavy load.
3. Then rest for 20 seconds and perform a 10 yard sprint.
# Your 4 Day Plan

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**Method 1**
- Foam Roll Hip Flexors/ Piriformis - 5 Minutes
- Static Stretch Hip Flexors - 30 seconds x 2 each side
- Belt Squats 3 x 8
- Lower Abdominal/ Hip Flexor Forced Coupling - 3 x 10 each leg
- Towel Arches - 3 x 5 each foot

**Method 2**
- Arm Pump 3 x 20
- Start Practice - 3 x 1
- High Knee Pistol Run - 2 x 10 yards
- High Knee Butt Kicks - 2 x 10 yards
- Wall Sprints 2 x 10

**Method 3**
- Speed Box Squat 8 x 3 followed by 10 yard sprint
- Sled/ Prowler Sprint 6 x 1 followed by 10 yard sprint

*Once the 4 days of work is complete take off 48-72 hours and perform the 40 yard dash. If you do not experience a change in your time please feel free to contact us at gridirondomination@gmail.com and make the subject line “Faster 40 In 4 Days”.*
There you have it 4 intense workouts to drastically drop your 40 yard dash time. Like mentioned before I do not feel this is a complete training program. This was solely created due to the immediate changes I see in our own athletes using our methods. To change your combine numbers and become faster over time we suggest our complete football training system, Gridiron Domination.

RECOMMENDED RESOURCES:

Gridiron Domination
http://footballstrengthprogram.com/

Superior Speed System
http://growstrongerproductions.com/speed/free-speed-video

Total Xplosive Training
http://totalxplosivetraing.com