



Hello,

First I would like to thank you for allowing me the opportunity to introduce myself and help you achieve your goals.

My name is Eric Dixon I'm a certified **USATF Level II Track Coach** via [USA Track and Field](#) with over 30 years of experience, concentrating mainly on the sprint events (60m-800m). In recent years, my focus has been on sport specific/event **Speed Training** and **Sports/Strength Conditioning Training**. In addition, I currently compete as a Masters Track Athlete in the 60m to 800m sprints. I've also competed in various National and World events for the USA Masters Track and Field Team.

Program Overview: (General Training Program)

This is a basic general training program designed for building a base platform for other sports or the weekend warrior to help minimize injuries.

One of the biggest misconceptions for coaches and athletes is that there is some universal training method that applies to everyone. Sorry, there isn't! Everyone is different, their speed, strengths, weakness and abilities are unique to the individual therefore, their training program should also be unique. What's required is a training method that's *individualized* based upon the athlete's specific ability's their event and the position(s) they play. This program is designed to do just that!

In order to see consistent and continuous improvement you must have an organized training program. You must know where you started and where want to go (a goal or destination). For most athletes the overriding principle is the End Result. The **Bios/Training profile** will tell us both where you started and how your training is progressing.

However, to get there we need a Road Map to tell us where we are going, what path we will take, and when we expect to arrive. We also need to track where we've been, what works and in some cases what didn't. The **Periodization Table** is our road map it is our training plan for the season.

Of course, you have to train to get faster. To get speed you have to practice speed! In addition, you have to do the right type of training based upon the sport and position you play. Therefore, we have devised a method for classification of skills needed for you to excel in your sport. The **Running Form** and the **Sports Position Form** will set the criteria for what's needed to take you to the next level. They will tell us what biomotor abilities i.e. speed, strength, speed endurance, strength endurance, endurance, agility and coordination that's needed for your position. These forms will also help us classify the sporting skills needed as cyclic, acyclic, or acyclic combined.

When you include the **Weight Training program** and **Nutritional program** you have the total package for training.

All put together to ensure that you know when to train, how to train and the right intensity to train to peak at the right time...

The Tachyon Training Centers **General Training program** consists of the following items:

- **Training Program: (\$175.00)**
 - Bios/Training Profile
 - Periodization Table
 - Speed/Agility Workouts
 - Sports Position Form

- **Weight Training Program: \$50.00 (additional)**
 - Weight Training log

Baseball Training Program: *This training program is a living and breathing document. As you grow and evolve so too will it grow and evolve.*

| Items | Price | Usages | Visual Display |
|--|----------------|---|----------------|
| <p>Bios/Training Profile</p> | <p>\$50.00</p> | <p>The Bios/Training Profile is two forms combined into one. The Bios section contains vital information about you. The Training section provides you with target times and goals to hit with various distance.</p> | |
| <p>Periodization Table (Optional)</p> | <p>\$50.00</p> | <p>This table is used to track your training cycles. What events you plan to compete in and when you should peak... It is basically a road map for your training program. It is used to track your Speed, Strength, and Endurance, training Phases.</p> | |

