

# ***Coaches Eye: Breaking Down The Parisi Linear Running Progression***

May 2024 Content Drop

# What is the Linear Running Progression?

- Extended movement prep
- First touch in to sprinting for the session
- Specificity - in global and individual skill
- Whole-Part-Whole teaching

A man and a young boy are standing in a gym. The man, on the right, is wearing a red polo shirt and dark pants, gesturing with his hands as if speaking. The boy, on the left, is wearing a red t-shirt with the "PARISI" logo. The background shows gym equipment like a squat rack and a bench. The text "TECHNIQUE AND INTENSITY" is overlaid in white, bold, sans-serif font in the center of the image.

**TECHNIQUE AND  
INTENSITY**









# Reviewing The Parts & Pieces

1. Quick Steps
  - a. In place
  - b. Moving forward
  - c. In to a sprint
2. Thigh Drive
  - a. In Place
  - b. Moving forward
  - c. In to a sprint
3. Quick Steps >>> Thigh Drive
4. Focus & Tall (Complete Transitional Sprint)



# Coaches Toolbox

Recommended volume for individual parts

- 3-5 sets
- 5 yards / 5 seconds

Recommended volume for transitional sprints

- 2-4 sets
- No less than 20 yards, no more than 40 yards

30 yards tends to be the sweet spot

- 5 yards + 5 yard transition + 5 yards + 5 yard transition + 10 yard run

