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NUCLEAR FAT OXIDATION

JAKE'S 12-MONTH PERFORMANCE BLUEPRINT

Bodyweight Strength | Sprint Mechanics
Corrective Exercise | Recovery | Nutrition
Customized private training edition for Jake



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PART ONE

THE FOUNDATION

Why sprinting and bodyweight training rebuild an aging body faster than anything else — and the exact mechanics and injury-proofing that make it safe.

CHAPTER 01

THE NUCLEAR FAT OXIDATION MANIFESTO

Why sprinting and bodyweight strength are the fastest path back to a younger body.

Your body isn't aging because of time. It's aging because it stopped moving like it means it.

Most fitness programs built for people over 35 are built around caution. Slow it down. Protect the joints. Keep the heart rate moderate. That approach doesn't reverse aging — it manages decline. Nuclear Fat Oxidation takes the opposite position: the fastest way to rebuild a younger body is to put it through the most powerful, most primal movement pattern a human being can perform — the sprint — and to build the strength foundation underneath it with nothing but bodyweight training and corrective exercise.

Sprinting is the single most metabolically demanding activity your body can do. It recruits fast-twitch muscle fibers that sit dormant in almost every adult who spends their life walking, sitting, and doing slow cardio. Those fibers are your youth. They're the first thing to atrophy after 30 and the last thing any conventional program trains. When you switch them back on, you don't just burn fat during the sprint — you trigger a 24-to-48 hour metabolic disturbance that keeps your body oxidizing fat long after you've left the track. That's the "nuclear" part. It's not a metaphor for intensity. It's a description of the chain reaction.

> **THE CORE THESIS**
> A 20-year-younger body isn't built through moderate, joint-safe cardio. It's built by training the body to move at maximum velocity, safely — and that requires the mechanics of an elite sprinter combined with the injury-proofing of a corrective exercise specialist.

This is where two disciplines that rarely meet come together. Usain Bolt's coaching lineage produced the most efficient sprint mechanics in the history of the sport — economy of motion, front-side mechanics, elastic energy return, and a drive phase built on precision, not brute force. Corrective exercise is the discipline that keeps an untrained 40, 50, or 60-year-old body from breaking down the first time it tries to move that fast. Neither discipline alone is enough. Sprint mechanics without corrective exercise gets you hurt. Corrective exercise without sprinting keeps you safe and stagnant. Nuclear Fat Oxidation fuses both into one 12-month system — and later in this book, we'll break down exactly how Bolt's own career, on the track and off it, illustrates the payoff of a long, disciplined progression.

12	0	4
MONTHS TO REBUILD	EQUIPMENT REQUIRED	TRAINING PHASES

What This Book Will Not Do

It will not hand you a treadmill jog and call it cardio. It will not ask you to count every calorie for a year. It will not pretend that sprinting at 100% effort is safe for an untrained body on day one. Every phase in this system is sequenced — mobility and tissue quality first, technique second, speed third, and maximum output last. That sequencing is the entire difference between a program that ages you backward and one that puts you on the sidelines with a torn hamstring in week two.

"Sprinting doesn't make you fast. Sprinting reveals what your body has forgotten how to do — and this system teaches it to remember."

— COACH CHAZ



Who This System Is For

This isn't a beginner's jogging plan, and it isn't an elite athlete's training log. It's built for the adult who has some training history, wants a real transformation, and is willing to follow a 12-month sequence instead of chasing a 12-week shortcut. If any of the following describe you, this system was built with you in mind:

- ✓ You've plateaued on slow cardio and conventional strength training
- ✓ You want visible fat loss without living in a calorie-restricted state
- ✓ You're willing to be patient with Phase 1 in exchange for real speed by Phase 4
- ✓ You want a body that performs — not just one that looks different in photos
- ✓ You're open to corrective work as a permanent part of training, not a phase you graduate out of

The Case Study Running Through This Book

Later chapters — particularly Part Two — walk through Usain Bolt's actual career progression and financial history using publicly reported data: his documented 100m times as they improved between 2008 and 2012, the growth of his endorsement value, and the well-publicized loss of over $12 million from a Jamaican investment account in 2023. None of this is included to suggest you'll run a 9.58. It's included because Bolt's career is the clearest public illustration of two of this book's core principles: transformation compounds over years of disciplined progression, and what you build has to be protected as deliberately as it was earned.

> **A NOTE ON THE DATA**
> Every statistic and figure referencing Usain Bolt in this book is drawn from public sporting records and widely reported financial journalism. Figures describing his net worth and endorsement income are estimates, as is standard for privately held athlete finances — they are not official disclosures.



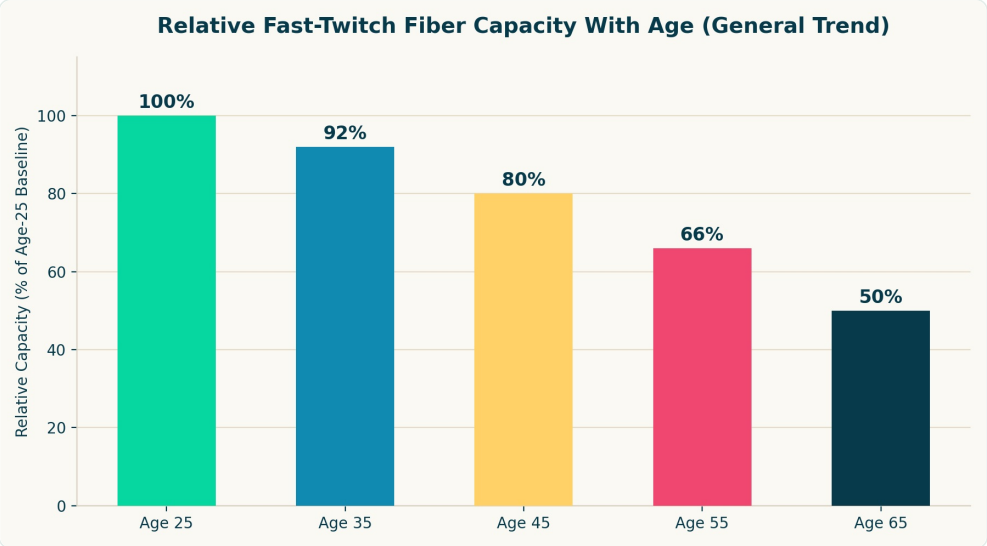
CHAPTER 02

THE SCIENCE: WHY SPRINTING REBUILDS AN AGING BODY

Mitochondria, fast-twitch fibers, EPOC, and the hormone response nothing else can match.

Fast-Twitch Fibers Are the Muscle Youth Loses First

Human muscle is made of slow-twitch (Type I) and fast-twitch (Type II) fibers. Slow-twitch fibers are endurance fibers — they're what long, steady cardio trains. Fast-twitch fibers are power fibers — they're what sprinting trains almost exclusively. After age 30, fast-twitch fibers atrophy at a faster relative rate than slow-twitch fibers if they aren't actively used. This is a major driver of what looks like "aging": slower movement, softer posture, reduced explosiveness, and a metabolism that slows because there's simply less high-demand muscle tissue left to feed.



Illustrative general trend — individual decline rates vary based on training history and activity level.

Sprinting is one of the only training modalities that reliably recruits fast-twitch fibers at near-maximal levels. Bodyweight strength training — done explosively, not slowly — recruits the same fiber population. Train them consistently and the body responds by preserving and rebuilding the exact tissue that conventional cardio and aging both neglect.

EPOC: The Afterburn That Steady Cardio Can't Produce

Excess Post-Exercise Oxygen Consumption (EPOC) is the elevated metabolic rate your body maintains after intense exercise while it repays an oxygen debt, restores ATP and glycogen stores, and clears metabolic byproducts. Steady-state cardio produces a small, short-lived EPOC effect. All-out sprinting produces a dramatically larger one — research on repeated sprint efforts shows measurable increases in resting metabolic rate that can persist for up to 24-48 hours post-session. This is the physiological basis for "nuclear" fat oxidation: you are not just burning calories during the six to ten seconds of the sprint. You are converting your body into a fat-burning furnace for two full days afterward.

> **WHY THIS MATTERS AFTER 35**
> Resting metabolic rate tends to decline gradually after 30, largely due to muscle loss. A training method that both preserves fast-twitch muscle and extends daily calorie burn through EPOC directly counteracts the two biggest drivers of middle-age fat gain.

Mitochondrial Biogenesis: Rebuilding Your Cellular Engines

Mitochondria are the energy-producing structures inside every cell, and mitochondrial density and efficiency tend to decline with age and inactivity — a major contributor to fatigue, slower recovery, and reduced fat oxidation capacity. High-intensity interval efforts, including sprinting, are among the strongest known stimuli for mitochondrial biogenesis (the creation of new, healthier mitochondria). This is a big part of why sprint-trained individuals report an energy shift that steady cardio rarely produces — you are not just burning more fat, you are rebuilding the machinery that burns it.

The Hormonal Case for Sprinting

Short, maximal-effort sprint intervals stimulate a greater acute release of growth hormone and testosterone than moderate steady-state cardio. Both hormones play a direct role in muscle preservation, fat metabolism, and the recovery capacity that declines most visibly with age. This is one of the most under-discussed reasons sprinting produces a "younger" look and feel faster than slow cardio: it is quite literally stimulating a more youthful hormonal profile.



TRAINING TYPE	FAST-TWITCH RECRUITMENT	EPOC EFFECT	GH/TESTOSTERONE RESPONSE
Steady-state cardio	Low	Minimal	Minimal
Moderate strength training	Moderate	Low-Moderate	Moderate
Sprint intervals	Very High	High (24-48hr)	High
Explosive bodyweight training	High	Moderate-High	Moderate-High

THE MISSING PIECE

None of this science matters if your body isn't prepared to sprint safely. An untrained nervous system, tight hip flexors, weak glutes, and poor ankle mobility turn "maximal effort" into a hamstring tear. That's exactly why Chapter 4 exists before the sprint protocols in Chapter 9.

Why Sprinting Beats Long Cardio for Longevity, Not Just Fat Loss

Blue Zone research on the world's longest-lived populations consistently points to functional strength and natural movement intensity — not marathon-style endurance training — as a common thread in long, capable lives. Sprinting and explosive bodyweight training build exactly the qualities that predict functional independence later in life: power, balance, and the ability to move quickly when it matters, whether that's catching yourself from a fall or sprinting across a parking lot for a departing bus. This is a different, and arguably more useful, definition of "fitness" than a slow, steady heart-rate zone ever provided.

24-48h	2x	↑GH/T
EPOC FAT-BURNING WINDOW	FAST-TWITCH FIBER RECRUITMENT VS. CARDIO	ACUTE HORMONE RESPONSE

CHAPTER 03

BOLT MECHANICS: SPEED IS A SKILL, NOT A GIFT

Applying elite sprint technique to a body that hasn't sprinted in decades.

Usain Bolt didn't run fast because he was 6'5". He ran fast because every phase of his sprint was mechanically precise. That precision is what protects your joints and multiplies your output — and it's exactly what this system teaches, scaled to your body.

The Three Phases of a Sprint

PHASE 1 · 0-10 METERS

The Drive Phase

This is acceleration from a dead stop. The body starts low, with a strong forward lean, and pushes the ground away powerfully behind the hip — not underneath the body. Elite sprinters keep the shin angle low and drive the knee forward-and-down into the track with force. For a body rebuilding after years of sedentary movement, this is the single most important phase to master first: it teaches the posterior chain (glutes, hamstrings) to fire in the exact pattern that protects the lower back and knees during explosive effort.

PHASE 2 · 10-30 METERS

The Transition Phase

The body gradually rises from the low drive position to an upright sprinting posture. This is where most untrained sprinters make their first mechanical error — standing up too early, which kills power output and shifts stress into the lower back. The cue: let the torso rise gradually as speed builds, never all at once.

PHASE 3 · 30+ METERS

Max Velocity / Front-Side Mechanics

This is Bolt's signature: minimal ground contact time and aggressive "front-side mechanics" — the knee drives forward and up, the foot strikes under the hip (not out in front of it), and the leg is pulled back down and under the body like a piston, not reached out like a stride. Braking forces from over-striding are one of the biggest causes of hamstring strain in untrained sprinters. Teaching the body to strike under the hip, not ahead of it, is a core injury-prevention skill in this system.



The Posture and Arm Mechanics That Multiply Everything

- **Tall spine, relaxed jaw and shoulders.** Tension in the upper body — a clenched jaw, shrugged shoulders — bleeds power and speed. Bolt's face and shoulders stay loose even at full speed.
- **Arms drive from the shoulder, elbow at roughly 90 degrees.** The hand travels from hip pocket to cheekbone. The arms don't just swing along for the ride — they set the rhythm the legs follow.
- **Hip extension, not just leg speed.** Power comes from driving the hip through full extension behind the body, not from turning the legs over faster. This is a strength quality — which is exactly why bodyweight strength training (Chapter 8) is inseparable from sprint technique.

> **THE ADAPTED APPROACH FOR THIS SYSTEM**
> You will not sprint at Bolt's velocity — nobody outside elite sport does. But you will apply his mechanical principles at whatever percentage of max effort your phase calls for. Technique first, speed second, always. A slow sprint with perfect mechanics builds the pattern. A fast sprint with poor mechanics builds an injury.

Coaching Cues for Every Session

SAY THIS

- ✓ "Push the ground away behind you"
- ✓ "Knee up, foot down, under the hip"
- ✓ "Tall spine, loose jaw"
- ✓ "Hand from pocket to cheek"

WATCH FOR THIS

- ✓ Standing up too early out of the drive
- ✓ Reaching the foot out in front of the hip
- ✓ Shoulders creeping toward the ears
- ✓ Overstriding to "look" fast

What Made Bolt's Mechanics Unique

Bolt's height (6'5") was traditionally considered a disadvantage for a sprinter because taller athletes typically need more steps to reach top speed out of the blocks. His coaching addressed this directly by refining his drive-phase mechanics to compensate, and by the transition phase, his stride length became a weapon rather than a liability — he covered ground per stride that shorter sprinters simply couldn't match once he reached max velocity. The lesson for this system isn't about height. It's about the principle: whatever your body's individual proportions and limitations are, technique work is what turns them from a liability into a non-issue.

CHAPTER 04

CORRECTIVE EXERCISE: INJURY-PROOFING BEFORE YOU SPRINT

Coach Chaz's screening and correction system for bodies that haven't moved fast in years.

Nobody gets hurt sprinting. They get hurt sprinting on a body that was never cleared to sprint. This chapter is the gate every client walks through before the sprint protocols open up.

The Four Breakdown Zones

In 25+ years of coaching, the same four areas account for the overwhelming majority of soft-tissue injuries when deconditioned adults attempt to sprint. Every corrective protocol in this system targets these zones specifically before max-effort sprinting is introduced.

ZONE	COMMON FAULT	CONSEQUENCE IF IGNORED
Ankle / Achilles	Restricted dorsiflexion, weak calf-Achilles complex	Achilles strain, plantar fasciitis
Hip Flexors / Glutes	Tight flexors, "dead" or under-firing glutes	Hamstring strain, lower back pain
Hamstrings	Poor eccentric strength relative to concentric	Hamstring tear (the #1 sprint injury)
Core / Pelvis	Anterior pelvic tilt, poor anti-rotation control	Low back strain, energy leaks in stride



The Pre-Sprint Movement Screen

Before anyone in this system runs a single meter at speed, they pass through a four-part screen. Each test maps directly to one of the four breakdown zones above, and a failed test tells you exactly which corrective work to prioritize before touching sprint volume.

1. **Ankle wall test** — knee-to-wall dorsiflexion check. Restricted ankle mobility is corrected before any acceleration work; it's the single biggest predictor of Achilles and calf injury in new sprinters.
2. **Single-leg glute bridge** — tests glute activation and hip stability under load, unilaterally. Asymmetry here predicts hamstring compensation patterns.
3. **Active straight-leg raise** — tests hamstring flexibility and pelvic control simultaneously. Poor pelvic control here is a direct flag for low-back stress under sprint load.
4. **Single-leg balance, eyes closed, 20 seconds** — tests proprioception and ankle/knee stability, both of which are exposed instantly at sprint speed.

> **NON-NEGOTIABLE RULE**
> Anyone who fails two or more elements of this screen does not enter the sprint protocols in Chapter 9 until corrective work has closed the gap. This typically takes 2-4 weeks and is built into Phase 1 of the 12-month system regardless — nobody skips it, screen or no screen.

The Corrective Toolkit

ANKLE / ACHILLES

- Weighted ankle dorsiflexion stretch
- Calf raises — slow eccentric, 4-second lower
- Ankle alphabet mobility drills

HIP FLEXORS / GLUTES

- Half-kneeling hip flexor stretch with posterior tilt
- Glute bridges, single-leg progression
- Banded lateral walks (or resistance-free clam shells)

HAMSTRINGS

- Nordic curl progressions (assisted to full)
- Romanian deadlift pattern, bodyweight/single-leg
- Slow eccentric leg curls using a sliding surface or partner

CORE / PELVIS

- Dead bug with full exhale
- Pallof press (band or towel resistance)
- Front plank with posterior pelvic tilt cue

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COACH CHAZ'S RULE

Corrective work isn't a warm-up you rush through. It's the foundation the entire house sits on. Every phase in this program keeps 2-3 corrective sessions per week — even in Phase 4, when clients are sprinting at near-max effort.

Why Even Elite Sprinters Never Stop Doing Corrective Work

It's a common misconception that corrective exercise is only for beginners. In reality, the highest-level sprinters treat mobility and activation work as a permanent part of training — hamstring strains remain one of the most common injuries in professional sprinting despite decades of world-class conditioning. If elite athletes with full-time training and medical staff still prioritize this work every single week, it should tell you everything about how seriously to take it in your own 12-month system.

Building Your Personal Corrective Baseline

Before Phase 1 begins, record your results from the four-part screen above. This baseline does two things: it tells you exactly where to focus your first month of corrective work, and it gives you a benchmark to re-test against every 8 weeks (see Chapter 13). Most clients see meaningful improvement in ankle mobility and single-leg stability within the first 3-4 weeks of consistent corrective work — well before Phase 2 sprint work begins.



PART TWO

THE BOLT CASE STUDY

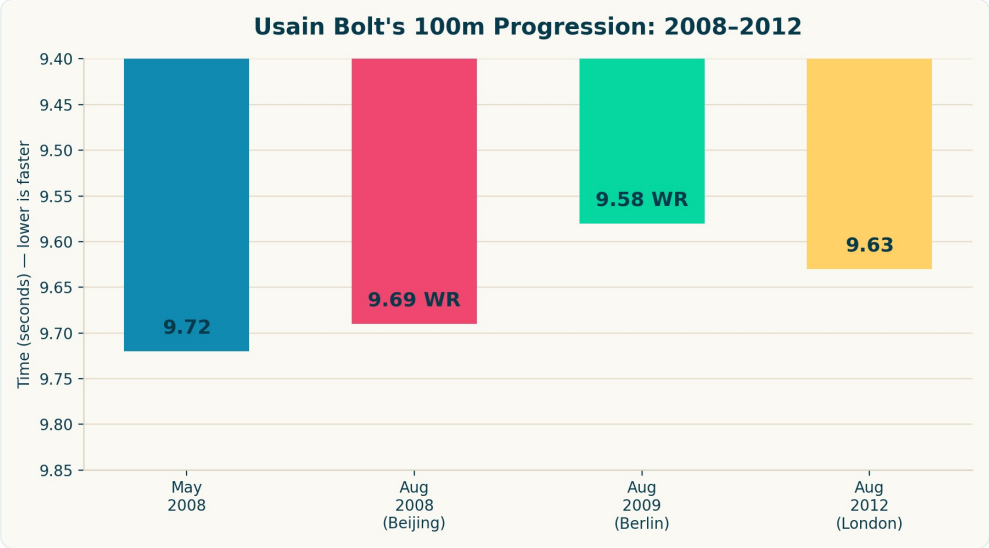
A statistical look at how the fastest man alive built his speed year over year — and the real financial lessons behind what he earned, invested, and lost.

CHAPTER 05

BOLT BY THE NUMBERS: THE PROGRESSION

What the public record shows about how a career of speed is actually built.

Bolt's world records didn't arrive overnight. They arrived across a documented, multi-year progression of races — and that progression is the single best public illustration of this book's core idea: sequenced, compounding improvement beats chasing a single breakthrough session.



Selected 100m times from Bolt's competitive record, 2008–2012. Source: World Athletics, Britannica.

In May 2008, Bolt ran 9.72 seconds in New York — his first individual 100m world record. Three months later, at the Beijing Olympics, he lowered it to 9.69 seconds while winning Olympic gold. The following year, at the 2009 World Championships in Berlin, he ran 9.58 seconds — a time that remains the world record today. At the 2012 London Olympics, he ran 9.63 seconds, the second-fastest 100m ever run at that point.

9.58	19.19	9
100M WORLD RECORD (2009, BERLIN)	200M WORLD RECORD (2009, BERLIN)	OLYMPIC GOLD MEDALS



The Championship Résumé

Beyond the world records, Bolt's championship consistency across nearly a decade is what separates his career from a single peak performance. He won gold in the 100m, 200m, and 4x100m relay at the Beijing 2008, London 2012, and Rio 2016 Olympics — a sweep known as the "Triple Triple." He also won eleven World Championship titles across his career, including full sprint sweeps at the 2009, 2013, and 2015 World Championships.

CHAMPIONSHIP	YEAR	RESULT
Olympic Games, Beijing	2008	Gold: 100m, 200m, 4x100m (all world records)
World Championships, Berlin	2009	Gold: 100m (9.58 WR), 200m (19.19 WR), 4x100m
Olympic Games, London	2012	Gold: 100m (9.63), 200m, 4x100m (36.84 WR)
World Championships, Moscow	2013	Gold: 100m, 200m, 4x100m
World Championships, Beijing	2015	Gold: 100m, 200m (19.55), 4x100m
Olympic Games, Rio	2016	Gold: 100m, 200m, 4x100m — "Triple Triple" complete

What the Progression Actually Teaches

Notice what's missing from this table: a jump straight to 9.58 with no steps in between. Bolt's own career followed a multi-year sequence of incremental gains layered on top of a training base built from adolescence — he was already the youngest-ever male world junior 200m champion at age 15. The takeaway for Nuclear Fat Oxidation isn't about matching his times. It's about matching his process: technical refinement first, then measurable improvement, repeated over years, not weeks.

> **FAST FACT**
> Bolt has run nine of the sixteen fastest legal 100m times ever recorded, and his top ten fastest 100m races average 9.73 seconds — a level of depth and consistency, not just a single outlier performance, that no other sprinter in history has matched.

CHAPTER 06

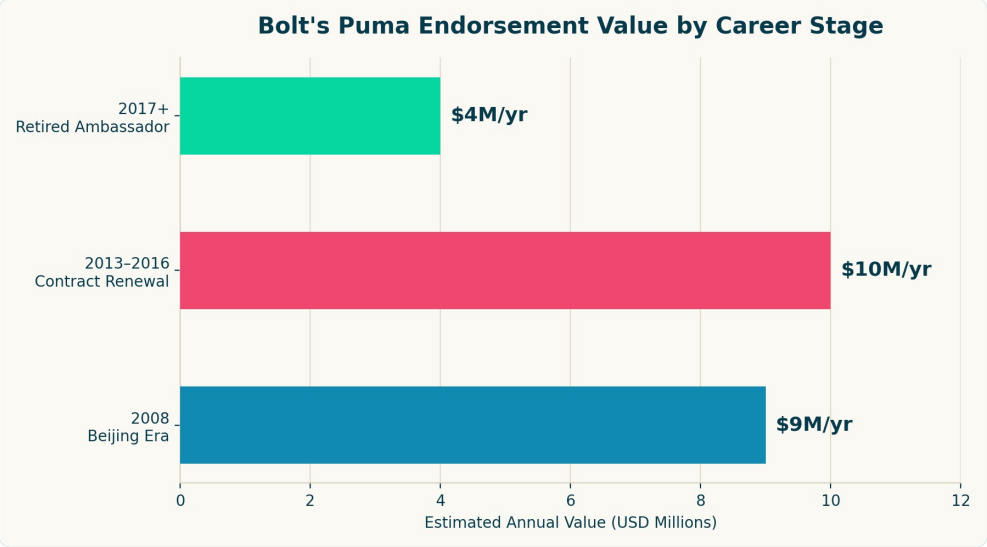
THE BUSINESS OF SPEED: WHAT BOLT BUILT (AND LOST)

A real, publicly reported look at building wealth off a physical transformation — and the lesson in protecting it.

Speed made Bolt famous. What he built off that fame — and what he later lost to fraud — is one of the most important, least-discussed lessons in this entire book: building the asset is only half the job. Protecting it is the other half.

Building the Brand

Bolt signed his first endorsement deal with Puma as a teenager, shortly after winning gold at the 2002 World Junior Championships. As his results climbed, so did the value of that relationship — by the time of the Beijing Olympics in 2008, his Puma deal was reportedly worth around $9 million annually. It was renewed in 2013 at approximately $10 million per year through the end of his competitive career, before shifting to a reported $4 million annual ambassador role after his 2017 retirement.



Estimated annual value of Bolt's Puma endorsement across career stages. Source: Reuters/Gulf News reporting, Forbes estimates.

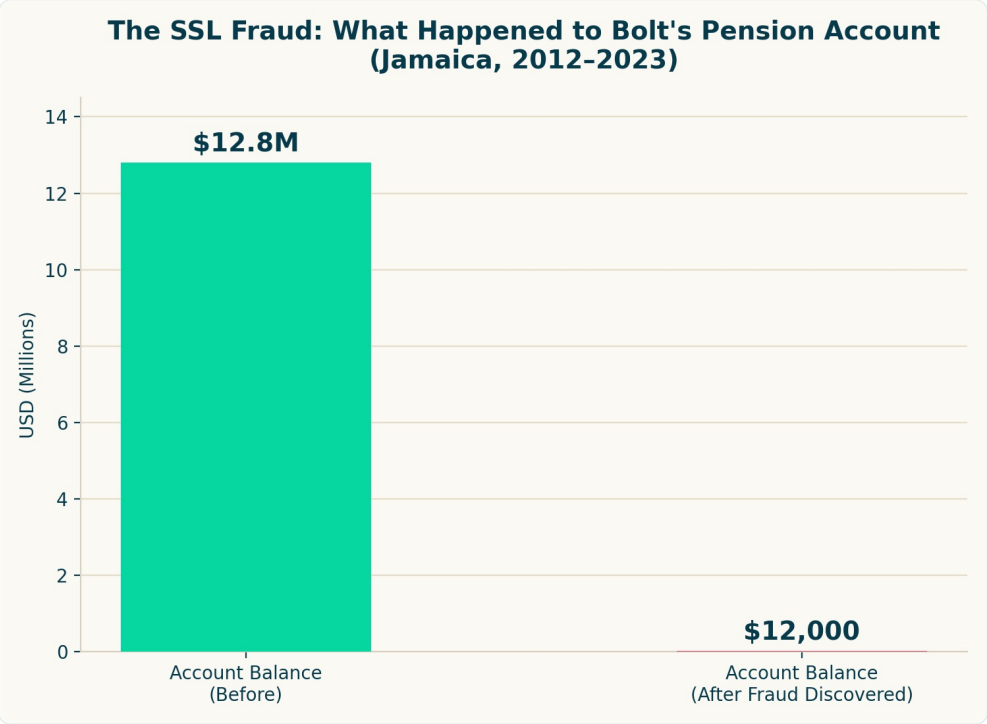


At his competitive peak, Bolt is estimated to have earned between $20-30 million a year, primarily from endorsements rather than race prize money — a portfolio that also included Gatorade, Visa, Hublot, and Nissan. That made him the highest-paid track and field athlete in history. After retiring from competition in 2017, he didn't step away from business. He opened the "Tracks & Records" restaurant chain in Jamaica, invested in an electric scooter startup, and continued licensing and appearance work that, as of recent estimates, puts his net worth at approximately $90 million.

$90M	$20-30M	15+ yrs
ESTIMATED NET WORTH (2025-26)	PEAK ANNUAL EARNINGS	PUMA PARTNERSHIP LENGTH

The SSL Fraud: A $12.7 Million Lesson

In January 2023, Bolt's attorneys revealed that his account with the Kingston-based investment firm Stocks and Securities Limited (SSL) — an account he had held since 2012, intended as a pension for himself and his parents — had dwindled from roughly $12.8 million to just $12,000. Jamaican authorities and the FBI investigated the firm after a former employee was accused of orchestrating a scheme that reportedly affected more than 30 clients. Jamaica's Financial Services Commission placed SSL under temporary management, and as of public reporting, Bolt's funds had not been recovered.



Reported account balance before and after the SSL fraud was discovered. Source: Reuters, Associated Press, Al Jazeera.

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Bolt spoke publicly about the situation with characteristic composure, telling reporters it was "a stressful situation" but that competing for years had taught him to focus on what matters. He was not left destitute — his broader business holdings and ongoing endorsement income meant his overall financial position remained strong — but the episode is a sobering reminder that even someone with elite-level discipline, resources, and legal representation can lose a life-changing sum when they don't personally verify where their money sits and who has access to it.

THE LESSON FOR THIS BOOK

Nuclear Fat Oxidation is about building something valuable — a stronger, faster, younger-performing body — through 12 months of disciplined work. Bolt's SSL experience is a reminder that whatever you build, whether it's physical capital or financial capital, needs active oversight to protect it. A body you stop maintaining after month 12 will erode the same way an unmonitored account can. The system doesn't end when the asset is built — protecting it is the ongoing job.

What Bolt Got Right, Post-Career

It's worth balancing the SSL story with what worked. Diversifying beyond a single sponsorship into a restaurant business, a public charitable foundation supporting Jamaican schools, and continued brand licensing gave Bolt multiple income streams that didn't depend on any single relationship or decision. That diversification principle maps directly onto the training philosophy in this book: this system never relies on a single training method (sprinting alone, or strength alone) — it layers multiple, complementary systems so that no single point of failure can undo months of progress.

FAST FACT

Bolt's Usain Bolt Foundation supports schools and children's programs in Jamaica — a continuation, in the philanthropic sense, of investing back into the same community and long-term development principles this book applies to individual training.



PART THREE

THE SYSTEM

The complete 12-month training architecture: phases, strength arsenal, sprint protocols, injury management, and nutrition principles.

CHAPTER 07

THE 12-MONTH NUCLEAR FAT OXIDATION SYSTEM

Four phases. One direction. No shortcuts to the sprint.

This system is built in four three-month phases. Each phase has one job: prepare the body for more speed and more output than the last, without breaking anything along the way.

MONTHS 1-3

Phase 1: Foundation

Goal: Pass the movement screen, build baseline bodyweight strength, and rebuild general work capacity. **Sprint work:** None at full speed — technique drills and "strides" at 50-60% effort only, focused entirely on the mechanical cues from Chapter 3. **Volume:** 5 sessions/week — 3 strength, 2 corrective/mobility, low-intensity conditioning (walking, cycling) on off days.

MONTHS 4-6

Phase 2: Acceleration

Goal: Introduce the drive phase (0-10m) at increasing effort, build explosive bodyweight strength, deepen posterior chain resilience. **Sprint work:** Short acceleration efforts, 10-20m, building from 70% to 85% effort. Full recovery between reps. **Volume:** 5-6 sessions/week — 2-3 strength, 2 acceleration/sprint technique, 1-2 corrective.



MONTHS 7-9

Phase 3: Velocity

Goal: Extend sprint distance into the transition and max-velocity phases, push effort toward 90-95%, increase explosive strength load. **Sprint work:** 20-40m efforts, longer recovery windows (full recovery is mandatory at this intensity — this is not conditioning work, it's speed work). **Volume:** 6 sessions/week — 2 strength, 2-3 sprint, 1 corrective, 1 active recovery.

MONTHS 10-12

Phase 4: Mastery

Goal: Full-effort sprinting with elite mechanics, peak explosive bodyweight strength, and a body that has fully re-earned its fast-twitch capacity. **Sprint work:** True max-effort sprints up to 40-60m, low volume, maximum quality. **Volume:** 5-6 sessions/week — sprint quality now takes priority over everything else, with strength and corrective work supporting recovery, not adding fatigue.

Why the Progression Is Non-Negotiable

Nobody — regardless of how motivated they are — moves to Phase 2 without passing the Phase 1 screen, and nobody moves to Phase 3 without demonstrating clean mechanics at Phase 2 intensity. This is the exact structure that separates a 12-month body transformation from a 12-week injury layoff. Speed is earned in this system, not assumed — the same way Bolt's 9.58 in Chapter 5 was the product of a multi-year sequence, not a single session.

0-60%	70-85%	90-100%
PHASE 1 MAX EFFORT	PHASE 2 MAX EFFORT	PHASE 3-4 MAX EFFORT

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CHAPTER 08

THE BODYWEIGHT STRENGTH ARSENAL

Zero equipment. Explosive intent. Built to support the sprint, not compete with it.

Every movement in this arsenal serves one of two purposes: build the strength that sprinting demands, or reinforce the corrective patterns from Chapter 4. Nothing here is filler.

Tier 1 — Foundational Strength (Phase 1)

- **Bodyweight squat → single-leg box squat progression** — builds quad/glute strength and single-leg control
- **Push-up → decline push-up progression** — upper body pressing strength for arm drive mechanics
- **Glute bridge → single-leg glute bridge** — direct carryover to hip extension power
- **Plank → side plank progression** — core stability under the pelvis-control demands of Chapter 4
- **Step-ups** — unilateral leg strength, low-impact power development

Tier 2 — Explosive Strength (Phase 2-3)

- **Broad jumps** — horizontal power, direct carryover to the drive phase
- **Bulgarian split squat jumps** — unilateral explosive strength
- **Nordic curl progressions** — the single best bodyweight hamstring-injury insurance policy that exists
- **Depth drops to stick** — teaches deceleration control, critical for injury-free sprinting
- **Explosive push-ups** — upper body power for arm drive at speed



Tier 3 — Peak Power (Phase 4)

- **Single-leg bounds** — maximal horizontal power, sprint-specific
- **Depth jumps** — reactive strength, minimal ground contact time training
- **Pistol squats (assisted or full)** — peak single-leg strength and control
- **Sprint-start holds and explosive starts** — bridges directly into on-track sprint work

> **PROGRAMMING PRINCIPLE**
> Every strength session in this system is performed with explosive intent on the concentric (lifting) portion and controlled tempo on the eccentric (lowering) portion. This trains the exact fast-twitch quality sprinting demands while building the eccentric strength that prevents hamstring and calf injuries.

Sample Phase 1 Strength Session

EXERCISE	SETS X REPS	TEMPO
Bodyweight squat	3 x 12	Explosive up, 3-sec down
Push-up	3 x 10-15	Explosive up, 2-sec down
Single-leg glute bridge	3 x 10/side	2-sec hold at top
Step-ups	3 x 10/side	Controlled
Side plank	3 x 30 sec/side	Hold

Sample Phase 3 Strength Session

EXERCISE	SETS X REPS	TEMPO
Broad jumps	4 x 5	Max effort, full reset
Nordic curl progression	3 x 5-8	4-sec eccentric
Bulgarian split squat jumps	3 x 8/side	Explosive
Depth drops to stick	3 x 5	Controlled landing

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CHAPTER 09

SPRINT PROTOCOLS BY PHASE

The exact prescriptions — distance, effort, and rest — for each stage of the 12 months.

BEFORE YOU RUN

Every sprint session opens with 10 minutes of dynamic mobility (targeting the four breakdown zones from Chapter 4) and a minimum of 3-4 progressive build-up runs at 50%, 70%, and 85% effort before any prescribed work begins. Skipping the warm-up is the fastest way to end up back in Chapter 4's corrective toolkit — as an injury, not a prevention exercise.

Phase 1 (Months 1-3): Technique Strides

DISTANCE	EFFORT	REPS	REST
20m strides	50-60%	4-6	Full recovery (60-90 sec)

Focus 100% on the mechanical cues from Chapter 3: tall posture, arm drive, foot strike under the hip. This is technique training, not conditioning. If mechanics break down before the rep is finished, the rep doesn't count and effort drops for the next one.

Phase 2 (Months 4-6): The Drive Phase

DISTANCE	EFFORT	REPS	REST
10m acceleration	70-80%	6-8	Full recovery (90 sec-2 min)
20m acceleration	75-85%	4-6	Full recovery (2 min)



Phase 3 (Months 7-9): Transition & Max Velocity

DISTANCE	EFFORT	REPS	REST
30m sprint	85-90%	4-6	Full recovery (2-3 min)
40m sprint	90%	3-5	Full recovery (3 min)

Full recovery between reps is mandatory at this intensity. This isn't a conditioning phase — it's a speed and power phase, and speed quality collapses under accumulated fatigue.

Phase 4 (Months 10-12): Peak Velocity

DISTANCE	EFFORT	REPS	REST
40-60m sprint	95-100%	3-5	Full recovery (3-5 min)

This is the payoff phase — the fewest reps, the highest quality, the most complete recovery between efforts. By this point the corrective foundation, the strength arsenal, and the mechanical patterning from the previous nine months are what make maximum effort safe.

> **THE RULE THAT NEVER CHANGES**
> Full recovery between sprint reps, every phase, every session. Sprinting on fatigued mechanics is how technique breaks down and injuries happen. This is speed training, not a conditioning circuit — treat rest periods as part of the prescription, not a delay in the workout.

CHAPTER 10

INJURY MANAGEMENT & RECOVERY SYSTEMS

Cold therapy, tissue quality, and the recovery protocol that keeps you in the program.

The biggest threat to a 12-month transformation isn't lack of motivation. It's a preventable injury in month four that takes you out for six weeks. This chapter is the insurance policy.

Cold Therapy Protocol

Cold water immersion and localized cold application play a role in managing acute inflammation after high-intensity sprint sessions, particularly in Phase 3 and 4 when effort levels climb toward maximum. The general principle: cold exposure in the minutes to hours after a maximal-effort session can help manage acute soreness and support a faster return to quality movement in the next session.

AFTER SPRINT SESSIONS

- Cold immersion (10-15 min) within 1-2 hours post-session on max-effort days
- Localized ice on any "hot spot" tightness in hamstrings, calves, or Achilles

GENERAL GUIDANCE

- Cold therapy is a recovery tool, not a substitute for addressing a mechanical fault
- Persistent pain (not soreness) is never managed with ice alone — see the escalation protocol below



Tissue Quality Maintenance

- **Self-myofascial release** (foam roller or similar) on calves, hamstrings, and hip flexors — 2-3x/week, especially the day after sprint sessions
- **Daily ankle and hip mobility work** — the corrective drills from Chapter 4 don't stop once you start sprinting; they run in parallel through all 12 months
- **Sleep as a non-negotiable recovery input** — tissue repair, hormone regulation, and nervous system recovery from high-intensity sprint work depend heavily on sleep quality and duration

The Injury Escalation Protocol

Not all discomfort is the same, and treating them the same is how minor issues become major layoffs. Use this framework:

SIGNAL	RESPONSE
General muscle soreness (both sides, dull)	Continue training, prioritize recovery tools above
Localized tightness or "niggle" (one side, specific spot)	Reduce sprint intensity 1 session, increase corrective work on that zone
Sharp pain during movement, or pain that changes gait	Stop sprint work immediately, regress to Phase 1 corrective volume, and consult a qualified medical or physical therapy professional before resuming
Any pain lasting more than 72 hours	Consult a qualified medical professional before continuing the program

> **IMPORTANT**
> This system is designed to dramatically reduce injury risk through sequencing, screening, and corrective work — but it cannot eliminate it. Coach Chaz is not a physician. Any persistent pain, numbness, or injury should be evaluated by a licensed medical professional before continuing training.

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CHAPTER 11

FUELING NUCLEAR FAT OXIDATION

Nutrition principles that support the metabolic demands of sprint training.

You cannot out-train a body that isn't fed to recover. Sprint training at the intensities this system prescribes places real demands on protein intake, glycogen replenishment, and recovery nutrition.

The Four Nutrition Principles

1. PROTEIN AS THE NON-NEGOTIABLE

Muscle protein synthesis — the process that repairs and builds the fast-twitch tissue this program targets — requires adequate protein intake spread across the day. Prioritize a source of complete protein at every meal, and pay particular attention to protein intake in the hours following sprint sessions, when the body's repair demand is highest.

2. DON'T FEAR CARBOHYDRATES AROUND TRAINING

Sprint training relies heavily on glycogen (stored carbohydrate) for fuel. Chronic low-carbohydrate eating in a program built around repeated maximal efforts can blunt performance and slow recovery. Carbohydrates timed around training sessions support both performance and the recovery process — this isn't a program that pairs well with extreme low-carb approaches.



3. WHOLE-FOOD PRIORITY, BLUE ZONE INFLUENCED

In line with longevity-focused eating patterns, prioritize whole, minimally processed foods — vegetables, quality protein sources, healthy fats, and whole grains — over ultra-processed convenience foods. This isn't about extreme restriction; it's about food quality supporting the recovery and longevity goals behind this entire system.

4. HYDRATION IS PART OF PERFORMANCE

Sprint sessions performed in a dehydrated state carry higher injury risk and reduced power output. Consistent daily hydration, not just hydration on training days, supports both performance and tissue quality.

> **A NOTE ON THIS CHAPTER**
> This chapter provides general nutrition principles, not an individualized meal plan or specific calorie/macro targets. Individual needs vary significantly by body size, activity level, and health status. For a fully personalized nutrition protocol, work directly with your coach or a registered dietitian.

Simple Meal Framework

MEAL TIMING	FOCUS
2-3 hrs before sprint session	Balanced meal — protein + carbohydrate, moderate fat
Within 60 min after sprint session	Protein + carbohydrate to support recovery
Rest of day	Whole-food meals, protein at every sitting

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PART FOUR

EXECUTION

Weekly templates, tracking metrics, the mindset that holds the whole system together, and a quick reference for the road.



CHAPTER 12

WEEKLY TRAINING TEMPLATES

What an actual week looks like in each phase.

Phase 1 Sample Week (Months 1-3)

DAY	FOCUS
Mon	Bodyweight Strength (Tier 1) + Corrective
Tue	Corrective/Mobility + Easy Walk 30 min
Wed	Technique Strides (50-60%) + Corrective
Thu	Bodyweight Strength (Tier 1)
Fri	Technique Strides (50-60%) + Corrective
Sat	Bodyweight Strength (Tier 1) + Mobility
Sun	Rest / Active Recovery (easy walk, stretching)

Phase 2 Sample Week (Months 4-6)

DAY	FOCUS
Mon	Drive Phase Sprints (10m) + Corrective
Tue	Bodyweight Strength (Tier 2)
Wed	Corrective/Mobility + Tissue Quality
Thu	Drive Phase Sprints (20m) + Corrective
Fri	Bodyweight Strength (Tier 2)
Sat	Light Sprint Technique + Mobility
Sun	Rest / Active Recovery

Phase 3 Sample Week (Months 7-9)

DAY	FOCUS
Mon	Sprint Session (30m, 85-90%)
Tue	Bodyweight Strength (Tier 2-3) + Corrective
Wed	Active Recovery + Tissue Quality
Thu	Sprint Session (40m, 90%)
Fri	Bodyweight Strength (Tier 2-3)
Sat	Corrective + Light Technique Work
Sun	Rest

Phase 4 Sample Week (Months 10-12)

DAY	FOCUS
Mon	Peak Sprint Session (40-60m, 95-100%)
Tue	Recovery + Corrective
Wed	Bodyweight Strength (Tier 3, low volume)
Thu	Peak Sprint Session (40-60m, 95-100%)
Fri	Recovery + Corrective
Sat	Light Strength + Mobility
Sun	Rest

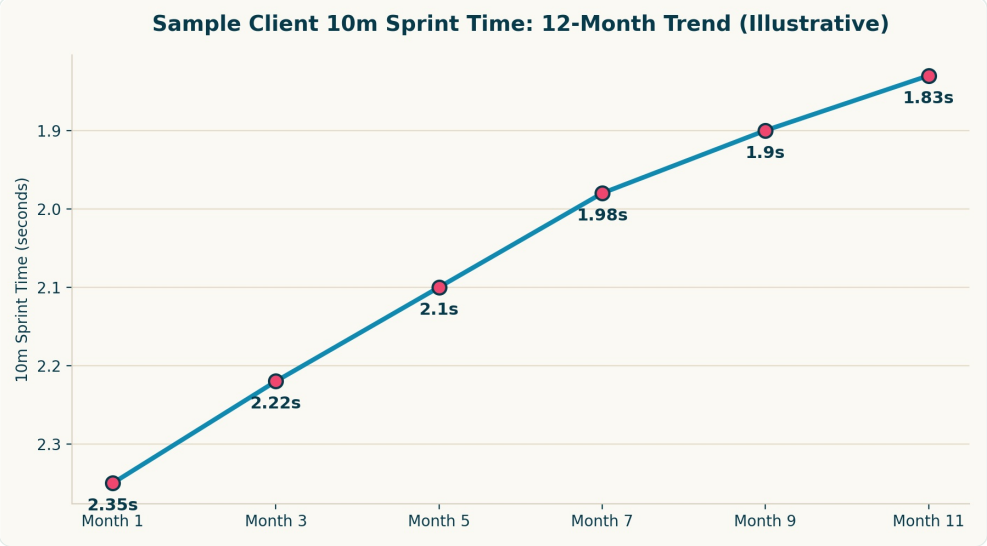


CHAPTER 13

TRACKING THE TRANSFORMATION

What to measure so you know the system is working.

A 12-month transformation without tracking is a guess. These are the metrics that actually correlate with a younger, faster, more resilient body — not just a number on a scale.



Illustrative 10m sprint time trend across a full 12-month cycle. Individual results vary by starting point and consistency.

Performance Metrics

- **10m and 20m sprint times** — retest every 4 weeks. This is the single clearest indicator of nervous system and power development.
- **Movement screen re-test** — repeat the four-part screen from Chapter 4 every 8 weeks to confirm mobility and stability gains are holding.
- **Bodyweight strength benchmarks** — track rep max on push-ups, single-leg glute bridge hold time, and plank hold time monthly.
- **Broad jump distance** — a simple, direct measure of explosive lower-body power, retested every 4-6 weeks from Phase 2 onward.

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Body Composition Metrics

- **Progress photos** — every 4 weeks, same lighting and pose. This captures visual changes that the scale often misses entirely, especially as muscle replaces fat.
- **Waist circumference** — a more reliable fat-loss indicator than body weight alone, measured monthly.
- **Body weight** — track as a trend over weeks, not a daily obsession. Weekly averages matter more than single readings.

Recovery & Health Metrics

- **Resting heart rate** — a declining trend over months is a strong signal of improving cardiovascular and recovery capacity.
- **Sleep quality/duration** — track nightly; poor sleep is often the first sign that training load has outpaced recovery capacity.
- **Subjective energy rating (1-10)** — rate daily energy each morning. A sustained decline is an early warning sign of overtraining, well before injury or burnout hits.

> **THE METRIC THAT MATTERS MOST**
> Sprint speed at 10m and 20m is the single best proxy for "20 years younger" in this system. It reflects fast-twitch recruitment, power output, and nervous system efficiency all at once — the exact qualities that decline first with age and rebuild first with this training.



CHAPTER 14

THE MINDSET: NO EXCUSES, NO SHORTCUTS

What it actually takes to see this through for 12 months.

Every principle in this book is useless without the discipline to run the program as written — not the version you feel like doing on a given day.

The temptation in month two, when technique work feels slow and the sprints haven't started, is to skip ahead. Don't. The temptation in month seven, when the body is finally moving fast and feeling powerful again, is to push past the prescribed effort and skip the rest periods. Don't. Every corner cut in this system shows up later as an injury, a plateau, or both.

This program was built the way it was built for a reason: sequencing beats intensity, and consistency beats motivation. You don't need to feel like training on a given day. You need to show up, run the session that's prescribed for where you actually are in the program, and trust that the twelve months compound — the same way Bolt's teenage Puma deal compounded into a $90 million business empire, and the same way a single missed verification on one account cost him $12.7 million. Compounding cuts both ways. Stay engaged with what you're building.

"Discipline isn't the six seconds you're sprinting. It's the fifty-nine minutes and fifty-four seconds around it where you do the boring work nobody sees."

— COACH CHAZ

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The Three Rules That Hold This Together

- ✓ Never skip the screen. Never skip the corrective work. It's not optional at any phase.
- ✓ Technique before speed, every single session, no exceptions.
- ✓ Full recovery between sprint reps. Fatigue and speed training don't mix.

Where to Go From Here

This book gives you the complete system. If you want it delivered, coached, and adjusted in real time to your body's specific response, that's exactly what GymBoss.ai and CoachChaz.com Online, Hybrid, and Hawaii Immersion coaching programs are built to do. The mechanics don't change. The accountability, the individualized load management, and the direct coaching relationship are what separate someone who reads this book from someone who lives it for 12 months straight.

> **FINAL WORD**
> Twenty years younger isn't a marketing line in this system — it's a description of what happens when fast-twitch muscle, mitochondrial density, hormonal output, and movement quality all get rebuilt at once. Sprinting is the mechanism. Corrective exercise is what keeps you healthy enough to keep doing it. Twelve months is the timeline. The rest is up to you.



CHAPTER 15

FREQUENTLY ASKED QUESTIONS

Straight answers to the questions every client asks before month one.

Q. I'm over 50 — is sprinting actually safe for me?

A. That's exactly why Phase 1 exists. Nobody sprints at real effort until they've passed the movement screen in Chapter 4 and built a foundation of bodyweight strength. Age isn't the disqualifier — an unscreened, unprepared body is.

Q. What if I fail the movement screen?

A. You stay in corrective work until you pass. Most people close the gap in 2-4 weeks of consistent work. There's no penalty for taking longer — the penalty is skipping this step.

Q. Can I do this program with a treadmill instead of an outdoor track?

A. Sprint mechanics, particularly the drive phase, are best trained on a fixed, non-moving surface. A track, field, or any flat outdoor stretch of at least 60 meters is strongly preferred over a treadmill for the sprint protocols in Chapter 9.

Q. Do I need to give up strength training with weights?

A. No — this system is built entirely around bodyweight training because it requires no equipment and travels anywhere, but if you have access to weights and want to layer them in, the same tiered progression principles from Chapter 8 apply.

Q. What if I get injured mid-program?

A. Follow the escalation protocol in Chapter 10. Minor issues get addressed with reduced volume and targeted corrective work. Anything serious means a medical evaluation before you return to sprint volume — regress to Phase 1 corrective work in the meantime, don't stop moving altogether.

Q. Why does the book spend a whole section on Usain Bolt's finances?

A. Because the same discipline that builds a great physical result — patience, sequencing, protecting what you've built — applies directly to protecting the results of this program and any other asset in your life. It's a real, well-documented case study in both sides of that principle.

Q. How much weight will I actually lose?

A. This book intentionally doesn't promise a number. Individual results depend on starting point, consistency, sleep, and nutrition adherence. Track the performance and body composition metrics in Chapter 13 — they're a more reliable signal of progress than the scale alone.

CHAPTER 16

GLOSSARY & QUICK REFERENCE

Every key term from this book, in one place.

EPOC (Excess Post-Exercise Oxygen Consumption)
The elevated metabolic rate maintained after intense exercise, driving extended fat oxidation for up to 24-48 hours post-session.

Fast-Twitch Fibers (Type II)
Power-oriented muscle fibers recruited by explosive, high-intensity effort. Prone to early atrophy without regular training.

Front-Side Mechanics
Sprint technique where the knee drives forward/up and the foot strikes the ground under the hip, minimizing braking forces.

Drive Phase
The first 0-10 meters of a sprint, characterized by a low shin angle and powerful hip extension behind the body.

Transition Phase
The 10-30 meter phase where the body gradually rises from the drive position to upright sprinting posture.

Max Velocity Phase
Beyond 30 meters, where top speed is achieved through minimal ground contact time and front-side mechanics.

Mitochondrial Biogenesis
The creation of new mitochondria within cells, strongly stimulated by high-intensity interval training including sprinting.

Movement Screen
The four-part pre-sprint assessment (ankle mobility, glute activation, hamstring/pelvic control, balance) used to clear a client for sprint training.

Nordic Curl
A bodyweight hamstring exercise emphasizing eccentric strength, widely regarded as one of the most effective hamstring-injury prevention tools available.



Quick Reference: The 12-Month System at a Glance

PHASE	MONTHS	SPRINT FOCUS	MAX EFFORT
1. Foundation	1-3	Technique strides, 20m	50-60%
2. Acceleration	4-6	Drive phase, 10-20m	70-85%
3. Velocity	7-9	Transition/velocity, 30-40m	85-90%
4. Mastery	10-12	Peak velocity, 40-60m	95-100%

Quick Reference: The Four Non-Negotiables

- ✓ Pass the movement screen before adding sprint volume
- ✓ Technique before speed, every session
- ✓ Full recovery between every sprint rep
- ✓ Corrective work never stops, even in Phase 4

Twelve months. Four phases. One direction.

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NOTES & HOMEWORK

Focus Area: The Foundation — Manifesto, Science, Mechanics



NOTES & HOMEWORK

Focus Area: Corrective Exercise — My Screen Results

NOTES & HOMEWORK

Focus Area: Bolt by the Numbers — Key Stats



NOTES & HOMEWORK

Focus Area: The Business of Speed — Lessons for Me

NOTES & HOMEWORK

Focus Area: My 12-Month Phase Plan



NOTES & HOMEWORK

Focus Area: Bodyweight Strength Arsenal — My Progressions

NOTES & HOMEWORK

Focus Area: Sprint Protocols — My Session Log



NOTES & HOMEWORK

Focus Area: Injury Management & Nutrition — My Notes

NOTES & HOMEWORK

Focus Area: Weekly Templates — My Schedule



NOTES & HOMEWORK

Focus Area: Tracking & Mindset — Reflections

CHAPTER 17

KNOWLEDGE CHECK: 40 QUESTIONS

Test your aptitude before you start Phase 1. No peeking at the answer key until you've tried.

FOUNDATION & SCIENCE

1. **What is the 'nuclear' part of Nuclear Fat Oxidation actually describing, physiologically?**

2. **Name the two types of human muscle fiber and which one sprinting recruits almost exclusively.**

3. **What does EPOC stand for, and how long can its fat-burning effect last after a maximal sprint session?**

4. **What cellular structures does mitochondrial biogenesis create more of, and why does this matter for fat oxidation?**

5. **Which two hormones are released at higher levels after sprint intervals than after steady-state cardio?**

6. **Why does this book argue that steady, joint-safe cardio manages decline rather than reversing aging?**

7. **What happens to fast-twitch fiber mass after age 30 if it isn't actively trained?**



8 **According to the book, what quality — beyond fat loss — does sprint training build that predicts long-term functional independence?**

BOLT MECHANICS

9 **Name the three phases of a sprint in order, with their approximate distances.**

10 **In the Drive Phase, where should force be applied relative to the hip?**

11 **What is the most common mechanical error athletes make during the Transition Phase?**

12 **Describe 'front-side mechanics' and explain why they reduce injury risk.**

13 **Where should the hand travel during proper arm drive mechanics?**

14 **Why does this system say technique should always come before speed in every session?**

CORRECTIVE EXERCISE

15 **List the four 'breakdown zones' most responsible for sprint-related injuries.**

16 **Name the four tests included in the Pre-Sprint Movement Screen.**

17 **What is the rule for anyone who fails two or more elements of the movement screen?**

18 **Give one corrective exercise example for the hip flexors/glutes zone.**

19 **Why do even elite, professionally trained sprinters continue corrective work throughout their careers?**

20 **How often should corrective work continue once sprint training has started, according to Coach Chaz's rule?**

THE BOLT CASE STUDY

21 **What was Usain Bolt's 100m time at the 2009 Berlin World Championships, and does it still stand as the world record?**



22 **How many Olympic gold medals has Bolt won, and what is the 'Triple Triple'?**

23 **Approximately how much was Bolt's Puma endorsement deal worth annually at its peak (2013-2016 renewal)?**

24 **What happened to the roughly $12.8 million in Bolt's Stocks and Securities Limited (SSL) account in 2023?**

25 **What lesson does the book draw from the SSL fraud case regarding a 12-month training transformation?**

26 **Name two ways Bolt diversified his income beyond his primary endorsement deal after retiring.**

THE 12-MONTH SYSTEM

27 **What is the primary goal of Phase 1: Foundation, and what percentage of max effort is sprint work capped at?**

28 **During Phase 2: Acceleration, what sprint distances and effort percentages are prescribed?**

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29 **Why is full recovery between reps described as mandatory, not optional, in Phase 3 and Phase 4?**

30 **What is the maximum sprint distance and effort level prescribed in Phase 4: Mastery?**

31 **Name three Tier 1 (Phase 1) bodyweight strength exercises from the Strength Arsenal.**

32 **Which single exercise is described as 'the best bodyweight hamstring-injury insurance policy that exists'?**

33 **What tempo principle applies to every strength exercise in this system, on both the concentric and eccentric portions?**

34 **In Chapter 9, how many minutes of dynamic mobility and how many build-up runs are required before prescribed sprint work begins?**



35 **When should cold water immersion be applied after a max-effort sprint session for best results?**

36 **According to the Injury Escalation Protocol, what should you do if pain lasts more than 72 hours?**

37 **What role do carbohydrates play around sprint training sessions, according to the Fueling chapter?**

38 **Which single performance metric does the book call 'the single best proxy for 20 years younger'?**

39 **How often should the four-part movement screen be re-tested during the 12-month program?**

40 **What are the book's 'Three Rules That Hold This Together'?**

ANSWER KEY

KNOWLEDGE CHECK ANSWERS

Concise reference answers for the 40-question aptitude check.

1. The 24-48 hour EPOC 'afterburn' triggered by maximal sprint effort, which keeps the body oxidizing fat long after the session ends.

2. Slow-twitch (Type I) and fast-twitch (Type II); sprinting recruits fast-twitch fibers almost exclusively.

3. Excess Post-Exercise Oxygen Consumption; its effect can persist for up to 24-48 hours after a maximal sprint session.

4. Mitochondria; more/healthier mitochondria improve the body's capacity to oxidize fat for fuel.

5. Growth hormone and testosterone.

6. Because it doesn't recruit fast-twitch fibers, trigger a large EPOC effect, or stimulate the same hormonal response as sprinting.

7. It atrophies at a faster relative rate than slow-twitch fiber if not actively trained.

8. Functional power, balance, and the ability to move quickly and capably later in life.

9. Drive Phase (0-10m), Transition Phase (10-30m), Max Velocity/Front-Side Mechanics Phase (30m+).

10. Behind the hip, not underneath the body.

11. Standing up too early out of the low drive position.

12. The knee drives forward/up and the foot strikes under the hip rather than out in front, minimizing braking forces that cause hamstring strain.

13. From the hip pocket to the cheekbone.

14. Because fast mechanics without technique increases injury risk; technique is what makes speed safe.

15. Ankle/Achilles, Hip Flexors/Glutes, Hamstrings, Core/Pelvis.

16. Ankle wall test, single-leg glute bridge, active straight-leg raise, single-leg balance (eyes closed, 20 sec).

17. They do not enter sprint protocols until corrective work has closed the gap (typically 2-4 weeks).

18. Half-kneeling hip flexor stretch with posterior tilt (or glute bridge progressions, banded lateral walks).

19. Because hamstring strains remain common even at the elite level, showing mobility/activation work is a permanent training requirement, not a beginner phase.

20. 2-3 sessions per week, even in Phase 4.

21. 9.58 seconds; yes, it remains the current world record.

22. 9 Olympic gold medals (note: one relay medal was later forfeited due to a teammate's doping violation); the Triple Triple is winning gold in the 100m, 200m, and 4x100m at three consecutive Olympics (2008, 2012, 2016).

23. Approximately $10 million per year.

24. It dwindled from roughly $12.8 million to about $12,000 due to an alleged fraud at the firm.

25. What you build — physical or financial — requires ongoing, active protection; the work doesn't stop once the asset is built.

26. Opening the Tracks & Records restaurant chain and investing in a scooter startup/other ventures (also continued licensing/appearance income).

27. Pass the movement screen, build baseline strength, and rebuild work capacity; sprint effort is capped at 50-60%.

28. 10-20m acceleration efforts at 70-85% effort.

29. Because sprinting on fatigued mechanics is how technique breaks down and injuries happen — it's speed training, not conditioning.

30. 40-60 meters at 95-100% effort.

31. Bodyweight squat, push-up, glute bridge (any three of the Tier 1 list).

32. The Nordic curl progression.

33. Explosive intent on the concentric (lifting) portion, controlled tempo on the eccentric (lowering) portion.

34. 10 minutes of dynamic mobility and 3-4 progressive build-up runs at 50/70/85% effort.

35. Within 1-2 hours after the session.

36. Consult a qualified medical professional before continuing the program.

37. They fuel glycogen stores needed for repeated maximal efforts and support recovery; chronic low-carb eating can blunt performance.

38. 10m and 20m sprint time.

39. Every 8 weeks.

40. Never skip the screen/corrective work; technique before speed every session; full recovery between every sprint rep.

