

# HOW TO RUN A FAST **60**

*How I Coached Myself to the Fastest **60m**  
Dash in the World*

Marcus **Brunson**

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# HOW TO RUN A FAST 60:

How I Coached Myself to the Fastest 60m Dash in the World

**By: Marcus Brunson**

World Class Sprinter,  
World Class Speed Coach

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*Any exercise program may result in injury. By voluntarily undertaking any exercise shared in this report, you assume the risk of any resulting injury*

## **Table of Contents**

### **1. [Introduction](#)**

– *Welcome to the “How to Run a Fast 60” Report*

### **2. [Why a Report?](#)**

– *Because I'm part of the ADHD generation*

### **3. [How to Get the Most Out of This Report](#)**

– *How to maximize your returns*

### **4. [The Actual Workouts](#)**

– *Nov. 2006 to Feb. 2007*

### **5. [Glossary of Terms](#)**

– *What the hell did you mean by that?*

### **6. [Additional Burner Products/Services/Resources](#)**

– *Increase your speed IQ*

### **7. [About the Author](#)**

# 1. Introduction

- *Welcome to How to Run a Fast 60.*

*Thank you for purchasing this report...I sincerely hope that it brings you as much speed and success as it brought me!*

I would like to clarify one thing before we get started...I am **NOT** the world record holder of the 60m dash. *That distinction currently belongs to one of the greatest sprinters of all time, Maurice Greene (6.39; he ran it twice in his career).*

Instead, this report is referring to the 2007 track season when I ran the **#1 time in the world** for the 60m dash (6.46). Less than a tenth off of the world record – *so close and yet so far away!! (If records are your thing, I did break the NCAA 60m dash record when I was back at Arizona State University)*

In “**How to Run a Fast 60**”, you'll get a behind-the-scenes look at all of the speed workouts that I utilized from Nov. 2006 until Feb. 2007. The workouts/training methods outlined in the coming pages come directly from that 3-month period leading up to my world-leading performance.

Although my name might not ring a bell with all of you, be assured that I put in work with and against some of the fastest sprinters of all time...*sometimes it went my way, sometimes it didn't. I've also served as the training partner for Olympic and World Champions and had the opportunity to pick the brains of many of the top track coaches in the world.*

With that said, I'm not here to tell you how great I am or how much I know...In fact, I don't presume to know everything there is to know about sprinting. But one thing I do know is that in the winter of 2007, with the help of the workouts in this training journal, I was able to run the fastest time in the world for the 60m dash!

*And I have no doubt that they will help you run a faster 60 too!*

## 2. Why a Report?

*- Mainly because I'm part of the ADHD generation.*

There are a few reasons I chose to go with a report format more so than a book format. The main reasons came down to:

- *Easier to digest*
- *More appropriate for this subject matter*
- *Better price point for the consumer*

### **Straight forward, easier to digest**

I chose the report route because I wanted to present a no-holds barred manual that would be light on banter and heavy on useful data. None of the industry jargon about how speed is developed but the actual workouts that I used to run the fastest 60m dash time in the world back in 2007.

*(I do have other speed enhancing products that contain lots of jargon...Check 'em out at: [www.burnerspeedsystems.com](http://www.burnerspeedsystems.com))*

As someone who has spent his entire adult life working in one fashion or another in the speed enhancement industry, I can honestly say that I've literally read thousands of books/articles/blogs on the subject of speed development or running faster.

And my favorite reading materials are, and have always been, those of the "straight-to-the-point" variety, such as the old-school coaching manuals from Bud Winter and Mel Rosen. So it's in the same vein that I offer you "How to Run a Fast 60".

### **More Appropriate for This Subject Matter**

The subject of the 60 yard/60meter dash is pretty obscure in the grand scheme of things...there haven't been many books written on the specific subject of the 60. The reason being is there is a very select segment of the population that actually wants to run a faster 60 – *track athletes and baseball players*.

I understand this report might fly under the radar but that's totally fine by me. As a short sprint aficionado, I've always been a fan of the 60 and would love nothing more than to be able to help you and/or your athletes run a faster one!

I truly believe that as long you keep an objective mind, you will no doubt be able to benefit from the workouts listed in this report (*regardless of the sport*)

### **Better Price Point for the Consumer**

Because I was able to release this report without going through the customary channels of distribution, I was able to keep the cost down. *And those savings were passed on to you!*

I wanted to provide all of those interested in this report/subject matter the opportunity to enjoy it without breaking the bank! And as a result of this desire, I'm sharing the “*secret sauce*” of a world-class sprinter with you for the price of a foot-long at Subway!

## **3. How to Get the Most Out of This Report**

*– A few ways to maximize your returns*

I want each one of you to benefit as much as you possibly can from the information in this report. I've highlighted a few practical ways that you can “get the most” out of it.

*Those ways include:*

- *Taking this report in context*
- *Ordering the accompanying “Be A Burner” e-course*
- *Watching lots and lots of film*
- *Getting paid with this report (make your \$4.99 back)*

### **Take This Report in Context**

The first thing you'll have to do to get the most out of this report is to understand that this training journal is definitely not the end all of speed development products. It is merely one athlete's brand of speed development. *(You would do well to think of it just as another tool in your training toolbox.)*

You may not realize it but the professional track season is long! An athlete's training will typically start up in October/November and can run all the way through September *(10-11 months)*. So bear in mind that “How to Run a Fast 60” is just a 3-month snapshot into my training regimen during the 2007 indoor season.

The reason I feel comfortable sharing this material with you is because, quite frankly, it worked! *(At least as far as speed development goes.)* Another reason is because I've successfully used the same training principles with that the athletes that I currently work with today.

## **Order the Accompanying Be a Burner Speed Enhancement E-course**

The ***Be a Burner Speed Enhancement E-course***<sup>™</sup> is a fully comprehensive online speed system engineered by the burner himself, Marcus Brunson. It's a behind the scenes peek at advanced sprinting mechanics. You'll learn all of the lessons, drills, workouts, and mental tricks that Brunson used to become a world-class sprinter and run some of the fastest times in the world.



### **In this revolutionary E-course, you'll get:**

- Nearly 5 hours of video footage
- Over 100 video demonstrations of speed enhancing drills and exercises
- Understanding of the real foundation of a speed development (not what you think!)
- A complete breakdown of the 40 yard dash, 60 yard dash & the 100 meter dash
- Exercises to correct improper running mechanics
- Proven ways to bounce back from injury

### ***You'll also get the following bonuses:***

***\*Bonus #1: Show Up & Show Out: A 60-Day Speed Development Program Leading Up To Tryouts***

***\*Bonus #2: Built For Speed: A 4-Week Weight Room Program Designed for Speed Enhancement***

***\*Bonus #3: Sample Meal Plans for Elite Athletes: Enhanced Nutrition = Enhanced Performance***

***\*Bonus #4: The Be a Burner 100-Page Exercise Reference Guide***

## **Watch Lots of Film**

If you're not already doing so, make it a point to institute consistent film sessions in your training regimen. Your film sessions will serve as one of the greatest “non-physical” exercises that you can adopt for speed development. The feedback that you'll receive is an invaluable resource!

*What do I mean by a “film session”?* Watching videos of athletes sprinting very fast and with proper technique. If you watch the top ranked sprinters of track and field, you'll get the best of both worlds – ridiculous speed and proper mechanics.

And not to sound too philosophical or anything, but don't just “watch” the film...actually “see” what the athletes are doing. *(See what their start looks like, see what their arms are doing, and see how their foot contacts the ground)*

If you watch enough film of the world's fastest athletes you'll start to see several recurring themes emerge. And once you are able to identify those themes, you will have your coaching cues checklist of things to watch for during your own speed training session.

If you're serious about running faster, it would be a great idea to dedicate yourself to watch at least 10-15 minutes of “game film” a day:

- *Watch Usain Bolt*
- *Watch Chris Johnson*
- *Watch Marcus Brunson (I had to shout myself out)*
- *But most importantly – **Watch Yourself!***

Strive to make your film sessions a pleasant experience. It shouldn't feel like a chore. Remember, running fast is fun! *By extension, watching film and learning little ways to run faster should also be fun!*

## **Get Paid by Selling This Report**

How would you like to make your \$1 .99 back and then some?

This report, as with all of the Burner Speed System products can be sold by our affiliates for a 50-75% commission. If you enjoy this report and think you know of someone that might benefit from it, feel free to “sell” him or her a copy.

Sign up and start making money today! Click on the link below to see the terms and conditions of our affiliate program: <http://burnerspeedsystems.com/affiliate-program>

## **\*\*One Last Thing: Understanding The Training Journal Format**

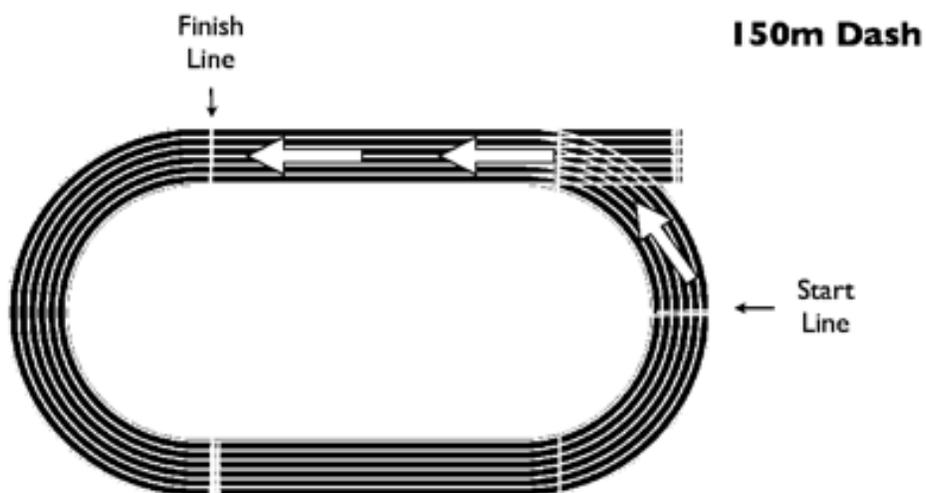
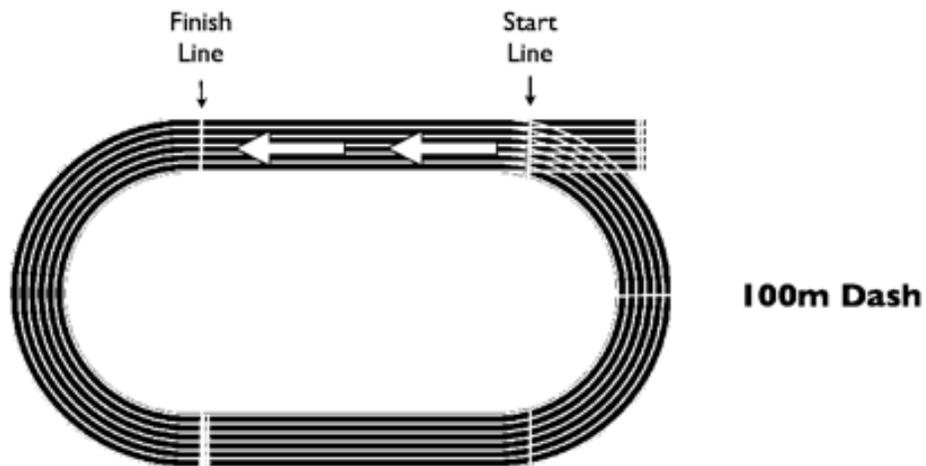
I promise this is the last thing that I'll say before we proceed to the actual workouts. To make sure you have a little clarity when reading the upcoming pages, I think it wise to show you the format that I used when creating each training journal entry.

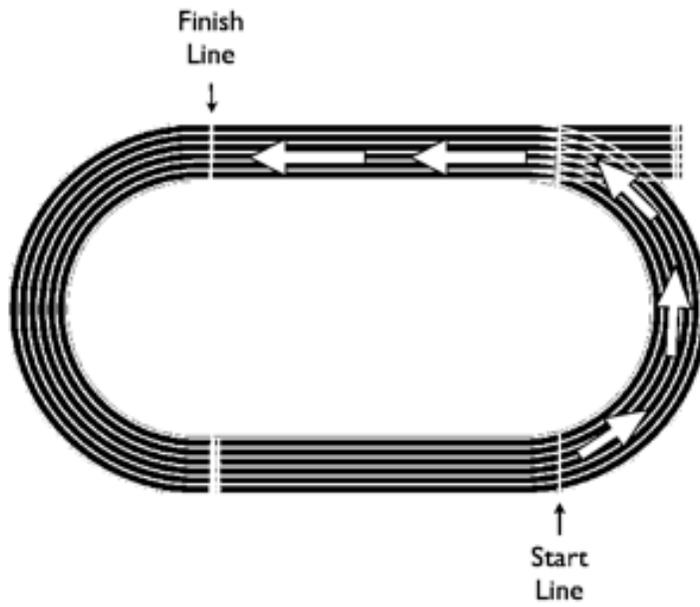
### **Format of Each Journal Entry**

- a) *Date:* *Self-explanatory*
- b) *Quote:* *“Summary Statement of the day “*
- c) *Track:* *Intention of the workout and location of the workout*
- d) *Warm-up:* *The warm-up methods used & how long it took to complete them*
- e) *Workout:* *The actual workout (Distances, Sets, Reps, etc.)*
- f) *Time:* *When used, indicates the time it took to complete each rep*
- g) *Rest:* *Indicates how much rest was used between reps and sets*
- h) *Thoughts:* *Critique of the day's workouts/things to work on for next session*
- i) *Weights:* *Exercise I utilized in the weight room on that day*
- j) *Rehab:* *Methods I used to help my body recover on that day*
- k) *Film:* *Videos I watched – either for inspiration or biomechanical analysis*
- l) *Misc.:* *Miscellaneous things of note that happened that day*

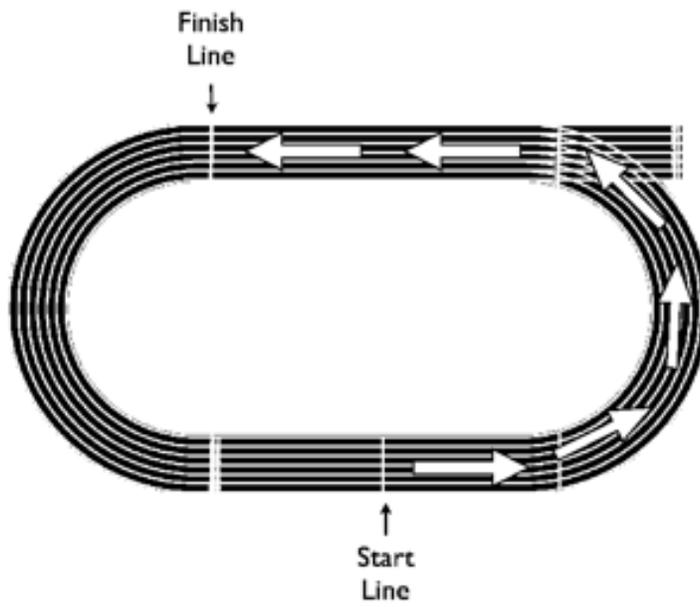
*\*\*And for you non-track athletes, I've also taken the liberty of adding an outline for the more common running distances that you'll utilize for the workouts that are listed in this journal.*

### Track Distances:

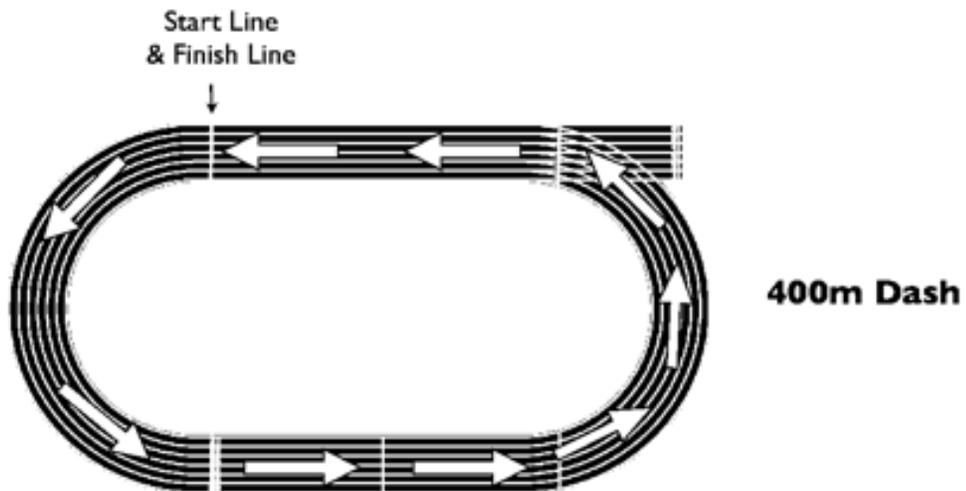
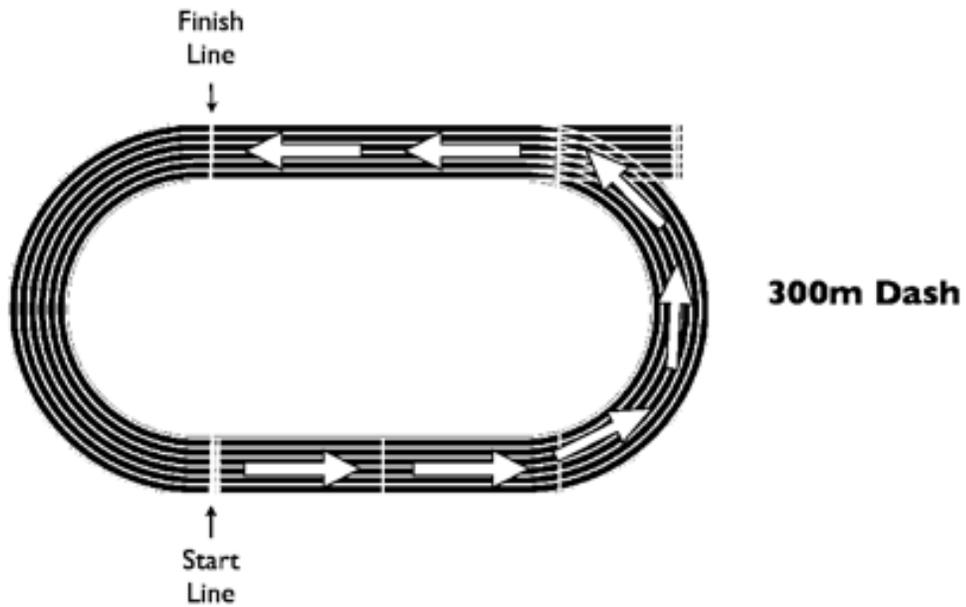




**200m Dash**



**250m Dash**



*Ok, ok - that was it...so without further adieu, I present to you "How to Run a Fast 60" the Brunson Burner way!*

## 6. Additional Resources

– *Increase your speed IQ*

As I said earlier in this report, I've always been fascinated by the subject of speed development. I've read every book that I could get my hands on relating to the subject of speed training.

*(I won't lie, in some of the more technical books, I probably only understood every 10th word or so! But even in those books I was still able to pick up something of value.)*

In this section I will share a few of the resources that really stuck out and made a difference in my own career.

### Books:

- [So You Want to be a Sprinter](#)
- [Relax and Win](#)
- [Slaying the Dragon](#)
- [Practical Coaching Techniques for the Sprints and Relays](#)

### Websites:

- [www.speedendurance.com](http://www.speedendurance.com)
- [www.athletesacceleration.com](http://www.athletesacceleration.com)

### Equipment Used in this Report:

- [Running Sled](#)
- [Starting Blocks](#)
- [Stretch Rope](#)
- [Stick](#)
- [Foam Roller](#)
- [Power Plate](#)

Additional Burner Products/Services:

- [How to Run a Fast 100: How I Coached Myself to a 9.9 in the 100m Dash](#)
- [Be a Burner Online Speed Enhancement E-Course](#)
- [Burner Sprint Form Assessment](#)
- [Coaching Services](#) (One-on-One/Private Consultation, Team/Group Training, Camps & Clinics)

## **7. About the Author**

Before I was a world-class speed coach and consultant, I was a world-class sprinter for many years. During my time on the track, I had the opportunity to compete against some of the best sprinters of all time and learn from some of the top coaches of all time.

After retiring from track and field, I've continued my journey in the speed and conditioning industry with the goal of teaching the next generation of athletes proper sprint mechanics and "how to run fast". I've been fortunate to work under some great trainers and at a number of the top training centers in the US. *I've served at the following sport facilities:*

- Velocity Sports Performance – Performance Coach
- Athletic Republic – Director of Training
- The RISE – Director of Performance

Even though it's been some years since I've competed, track is still very much a big part of my life. Among other things, I'm the head coach of a youth track team called the **AZ BURN**. It's comprised of boys and girls aged 5-18 years old that range from national champions to those that are just starting out in the sport of track and field.

It's been cool to see the next generation of athletes going through the same things that I used to go through when I was that age. It's been both a challenging and rewarding task of coaching and inspiring the next generation of track super stars! *(And I will say that the experience has certainly given me lots of empathy for all of my old coaches!)*

Feel free to drop me a line if you have any questions about any of the Burner Speed System products and/or if you have any questions about "running fast". Bear in mind that I do keep a pretty busy schedule so if it takes me a minute to get back to you, *at least you'll know why!* *(Avg. response time: 24-48 hours)*

Thanks again for your purchase and I sincerely wish you all the best. *God Speed!*



*- Marcus Brunson*

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