ALTIS CONNECT

YOUR DIGITAL COACHING LIBRARY

The largest collection of unique
Sport Performance Videos on the Planet.

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ALTIS CONNECT

THE ULTIMATE VIDEO STREAMING SERVICE FOR COACHES

What is it?

Unlock the power of knowledge with ALTIS Connect, the premier video streaming service designed exclusively for coaches.

Inside, you'll discover a world of unparalleled expertise on a platform dedicated to providing coaches with unique quality content, through an expansive video library, unmatched anywhere else.

Dive into a treasure trove of exclusive content - from some of the most renowned coaches, sports scientists, athletes and sports medicine staff on our planet - meticulously curated to provide you with a competitive edge.

From cutting-edge techniques to insider insights, our library is your gateway to staying ahead of the game.

But ALTIS Connect is more than just a video streaming service...

We go beyond the content by providing invaluable context to our courses and mentorships.

Gain a deeper understanding of the methodologies and philosophies driving success in the sports world.

And through our monthly office hours with Stu McMillan - exclusively for members - we bring you the inside scoop, ensuring you're armed with the latest and most comprehensive information before it hits the press.

ALTIS CONNECT

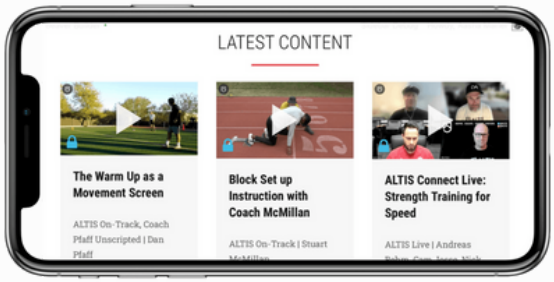
UNLOCK YOUR COACHING POTENTIAL WITH ALTIS CONNECT: WHERE KNOWLEDGE MEETS SUCCESS

Member benefits

ALTIS Connect is here to provide you with the ultimate advantage via a gateway to the best in the business: helping you connect the dots in your learning journey.

As a member of ALTIS Connect, you gain access to irresistible benefits that make joining a no-brainer:

- 20% off all ALTIS Courses: Supercharge your coaching prowess with our cutting-edge courses led by industry experts. Gain insights and strategies that will propel you to new heights.
- *Up to 50% off Thorne Research products: Fuel your performance with top-of-the-line supplements trusted by athletes worldwide. We've partnered with Thorne Research to offer this exclusive discount to our members. *(Available to customers in N.America & Canada)
- Member-only Office Hours with Stu McMillan: Connect with Stu McMillan as he shares his wisdom exclusively with ALTIS Connect members and answers your questions.
- Access to the ALTIS Community online and network with coaches and athletes from around the globe.



ALTIS CONNECT

EMBRACE THE POWER OF COACHING WITH ALTIS CONNECT

Why 'Connect'?

Eight years ago, 'ALTIS 360', our video streaming site, was born. Since then, we have amassed a treasure trove of wisdom through hundreds of videos by industry thought leaders.

But for us, it's about going beyond mere information consumption—it's about creating connections. ALTIS CONNECT is the missing link that brings together all aspects of learning:

Gain context: Our range of videos bridge the gap between theory and practice, allowing you to learn how to apply knowledge in real-world scenarios.

Connect with a growing library of video resources: Expand your horizons with an ever-growing collection of resources that keep you at the forefront of coaching innovation.

Connect by asking follow-up questions: No more unanswered queries. Get the clarity you need by asking follow-up questions and deepening your understanding through exclusive member only monthly office hours with Coach Stu McMillan.

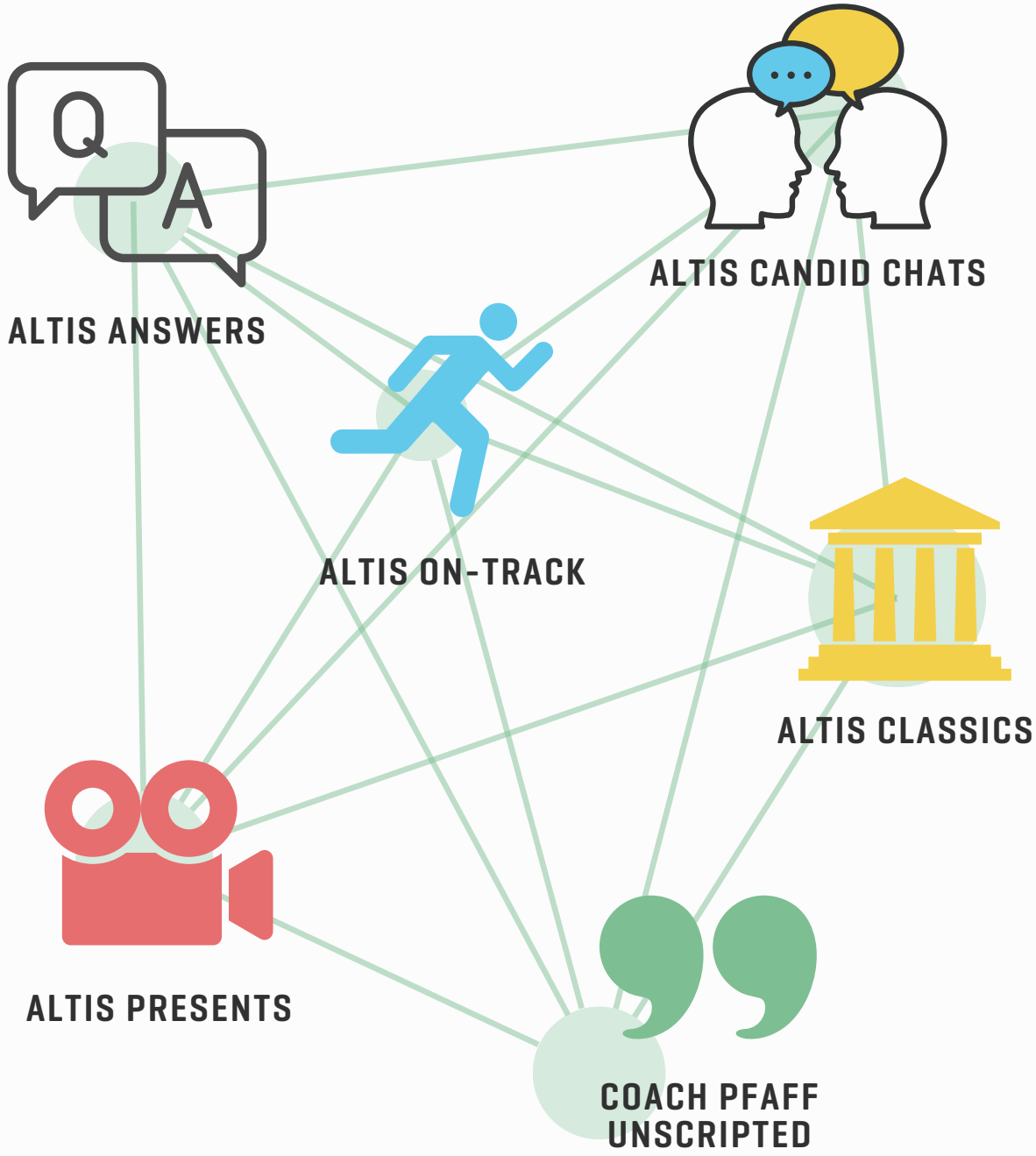
Connect to a community of like-minded individuals: Surround yourself with a network of passionate coaches who inspire, motivate, and support one another through the ALTIS Community online.

ALTIS CONNECT is here to help YOU connect the dots in your coaching journey. Together, we'll bridge the gaps, break down barriers, and unlock your true potential.

Join us today and experience the power of connection.

JOIN ALTIS CONNECT

CHOOSE FROM HUNDREDS OF VIDEOS AND A RANGE OF CONTENT CATEGORIES

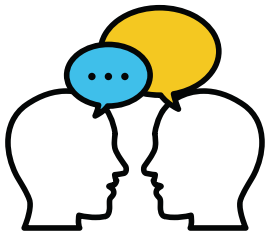


CONNECT THE DOTS IN YOUR COACHING: EXPLORE THE WHOLE PERFORMANCE ECOSYSTEM - BEYOND YOUR SPECIALITY - & UNLOCK YOUR TRUE POTENTIAL.

CONTENT CATEGORIES

ALTIS ANSWERS

Unique footage from informal question and answer sessions on a range of coaching and performance topics. Guests include coaching greats such as Steve Kerr, Fergus Connolly, Calais Campbell, Dr Tommie Smith, Dan Pfaff, and Stuart McMillan.

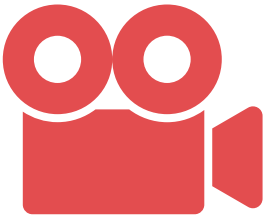


ALTIS CANDID CHATS

Informal casual chats, including podcasts, interviews, podcast audio, plus the renowned ALTIS Poolside Chats - the source of all the uncut coaching wisdom shared in all its authenticity.

ALTIS CLASSICS

Classic presentations from our unique Legacy Series, as well as other presentations filled with coaching gold, delivered by coaching legends from years gone by.



ALTIS PRESENTS

The latest & greatest presentations delivered by both ALTIS Staff, and guest speakers on a range of topics - from coaching, to sports science, to sports medicine - to everything performance related in between.

ALTIS ON-TRACK

Short 'how to' and 'what to' do instructional videos, on a range of our most requested and popular topics. You'll also find unique behind the scenes footage from ALTIS training sessions.

COACH PFAFF UNSCRIPTED

Featuring 'Gold' Coach Pfaff content. Expect to be transported trackside, as you watch fly on the wall footage from training sessions, listen to unscripted uncut 'chats', and watch a range of other short excerpts filled with insight from one of the Greatest Coaches of All Time.

ALTIS CLASSICS

Classic presentations from our unique Legacy Series, as well as other presentations filled with coaching gold, delivered by coaching legends from years gone by.

400m Training By Winckler	Gary Winckler
400m Training with Kevin Tyler	Kevin Tyler
Acceleration Mechanics with Dan Pfaff	Dan Pfaff
ACP Regeneration Whiteboard Session	Dr. Jas Randhawa
Adam Feit – Nutrition	Adam Feit
Advanced Periodization Schemes for the Horizontal Jumps By Schexnayder	Boo Schexnayder
ALTIS Programming Insights	Andreas Behm, Jason Hettler, Ricky Soos, Stuart McMillan
Andreas Behm – Sprint Programming	Andreas Behm
Andreas Behm on Hurdles	Andreas Behm
Angela Hagenah – Practicing Growth Mindset	Angela Hagenah
Austin Einhorn – On the Discovery of Compensatory Patterns in Movement Evolution	Austin Einhorn
Ben Hagar – Management of Abdominal Strains in Baseball – An Integrative Approach to Return to Performance	Ben Hagar
Biomechanics of the Sprint Events by Kevin Tyler	Kevin Tyler
Bobby Stroupe – Catching Lightning in a Bottle	Bobby Stroupe
Boo Schexnayder – Critical Factors in Speed Training Design	Boo Schexnayder
Boo Schexnayder – Horizontal Jumps Developmental Pathways	Boo Schexnayder
Boo Schexnayder – Planning Periodization for the Horizontal Jumps I	Boo Schexnayder

Boo Schexnayder – Planning Periodization for the Horizontal Jumps II	Boo Schexnayder
Boo Schexnayder – Plyometric Classification and Periodization	Boo Schexnayder
Boo Schexnayder – Triple Jump Technical Analysis	Boo Schexnayder
Brad Stulberg – Learnings from Peak Performance	Brad Stulberg
Brad Stulberg and Steve Magness – Peak Performance	Brad Stulberg, Steve Magness
Brett Bartholomew – Confessions of a Strength Coach	Brett Bartholomew
Brian MacKenzie & Rob Wilson – Energy Systems Optimization	Brian MacKenzie, Rob Wilson
Brian MacKenzie & Rob Wilson – Metrics for Adaptation and Recovery	Brian MacKenzie, Rob Wilson
Buddy Morris – Football Sports Performance	Buddy Morris
Cade Jones – Applying the Grand Unified Theory Model to Health and Performance Part I	Cade Jones
Cade Jones – Applying the Grand Unified Theory Model to Health and Performance Part II	Cade Jones
Cam Josse – Top Speed Training for American Football	Cam Josse
Carmen Bott – Confidence!	Carmen Bott
Chidi Enyia – AZ HS Coaches Convention	Chidi Enyia
Chris Szedlak – Examining and Developing Effective Coaching Behaviors and Characteristics	Chris Szedlak
Classroom to Track – Discus Throw Mehcnaics by Pfaff	Dan Pfaff
Classroom to Track – High Jump by Pfaff	Dan Pfaff
Classroom to Track – Javelin by Pfaff	Dan Pfaff
Classroom to Track – Long Jump by Pfaff	Dan Pfaff
Classroom to Track – Pole Vault by Pfaff	Dan Pfaff
Classroom to Track – Shot Put Mechanics by Pfaff	Dan Pfaff
Classroom to Track – Sprint Mechanics by Pfaff	Dan Pfaff

Classroom to Track – Triple Jump by Pfaff	Dan Pfaff
Classroom to Track Sprint Hurdles by Dan Pfaff	Dan Pfaff
Classroom Track – Acceleration Mechanics by Pfaff	Dan Pfaff
Clive Brewer – A Game Oriented, Player-Centered Approach to the Problems of Speed Development in Team Sports	Clive Brewer
Coach Like a Caveman with Nick Winkelman	Nick Winkelman
Coaching Clinic with Brett Bartholemew	Brett Bartholomew
Coaching Is It An Art Or A Science	Stuart McMillan
Collegiate Programming Considerations By Boo Schexnayder	Boo Schexnayder
Competition Phase Microcycles for the Jumping Events by Dan Pfaff	Dan Pfaff
Concepts In Training For Throwing Events By Babbitt	Don Babbitt
Considerations for Hammer Training Part 1 By Derek Evely	Derek Evely
Considerations for Hammer Training Part 2 By Derek Evely	Derek Evely
Dan Pfaff – 3-Day Rollover Cycles	Dan Pfaff
Dan Pfaff – A Comparison Between Fall and Spring Cycles	Dan Pfaff
Dan Pfaff – Energy Leaks and Disturbances	Dan Pfaff
Dan Pfaff – Everything You Do Matters	Dan Pfaff
Dan Pfaff – Historical Changes in Sprinting	Dan Pfaff
Dan Pfaff – Planning, Peaking and Periodization for Power/Speed Sports	Dan Pfaff
Dan Pfaff – Sport injuries: Patterns, trends and current thinking	Dan Pfaff
Dan Pfaff – Technical and Skill Aspects of Sprinting	Dan Pfaff
Dan Pfaff – The Art of Coaching Speed	Dan Pfaff

Dan Pfaff – Vertical Jumps Planning Periodization I	Dan Pfaff
Dan Pfaff – Vertical Jumps Planning Periodization II	Dan Pfaff
Dan Pfaff – Warm-Up Movement Screen	Dan Pfaff
Dan Pfaff – What ALTIS Provides a Visiting Endurance Athlete	Dan Pfaff
Data Collection and Throwing Economics by Evely Derek	Derek Evely
Derek Evely – Methodology: Concepts Essential to Good Programming	Derek Evely
Derek Evely – Planning & Organization	Derek Evely
Directional & Purposeful Athlete Monitoring with Jeremiah Barnert	Jeremiah Barnert
Dr. Adam Loiacono – Return to Play In Team Sports	Dr. Adam Loiacono
Dr. Andy Galpin – How to Really Make Better Decisions	Dr. Andy Galpin
Dr. Bryan Mann – Velocity Based Training	Dr. Bryan Mann
Dr. Doug Kechijian – Preparing the Injured Athlete for High Performance	Dr. Doug Kechijian
Dr. Drew Timmermans – HPA AXIS Dysfunction in Elite Athletes	Dr. Drew Timmermans
Dr. Jeremy Koenig – DNA: The Universe Within	Jeremy Koenig
Dr. John Berardi - The Business of Coaching: The Three Things You Must Know To Make Money Doing What You Love	Dr. John Berardi
Dr. Kelly Starrett – Beyond Mobility	Dr. Kelly Starrett
Dr. Ken Clark – Two Mass Sprint Model	Dr. Ken Clark
Dr. Krista Scott-Dixon – Modalities of Behavior Change	Dr. Krista Scott-Dixon
Dr. Laura Kunces – Using Biomarkers to Optimize your Athletes Performance	Dr. Laura Kunces
Dr. Marc Strickland – Coaching the Millennial Athlete	Dr. Marc Strickland
Dr. Marc Strickland – Self Care for Coaches	Dr. Marc Strickland

Dr. Marc Strickland – Trauma Informed Coaching	Dr. Marc Strickland
Dr. Robert Gray – Encouraging Functional Movement Variability & Skill Periodization	Dr. Robert Gray
Dr. Robert Gray – From Fast Twitch to Fast Decisions: Coaches as System Thinkers	Dr. Robert Gray
Dr. Robin Thorpe – Monitoring Fatigue and Managing Recovery in Elite Athletes: A Real World Scientific Framework	Dr. Robin Thorpe
Eric Dannenberg – EXOS Systems	Eric Dannenberg
Fergus Connolly – The future of team sport preparation	Fergus Connolly
Gary Winckler 400m Training	Gary Winckler
Gary Winckler Program Planning for the Hurdle Events	Gary Winckler
Giovani Urrutia – Make A Way: Creating Performance Culture With International Special Forces	Giovani Urrutia
GPP – An Alternative Viewpoint on Utilization and Purpose with Dan Pfaff	Dan Pfaff
How Breath Affects Cognitive Performance	Brian MacKenzie
How to Unlock Metabolic Efficiency for Better Performance	Rob Wilson
How To Write A Program By Stu McMillan	Stuart McMillan
Hurdle Clearance and Inter-hurdle Technique By Gary Winckler	Gary Winckler
Hurdle Mechanics and Teaching Progressions for the Hurdles By Winckler	Gary Winckler
Individual Professional Development Pathway – Darryl Eto	Darryl Eto
Individualization of Training and Data Collection By Derek Evely	Derek Evely
Jan DeBenedetto – Optimal Nutrition in America	Jan DeBenedetto
Jas Randhawa – Understanding Foot Hip Axis	Jas Randhawa
Jason Hettler – Strength Training for Endurance Athletes	Jason Hettler
JB Morin – Force-Velocity-Power Profiling (B2Ten)	JB Morin

JB Morin – Sprint Acceleration Mechanics & Performance (B2Ten)	JB Morin
Jeremy Sheppard – Masters & Servants	Jeremy Sheppard
Jesus Dapena – How to Maximize Height in a High Jump	Jesus Dapena
John Berardi – Nutrition Coaching	John Berardi
John Godina – The History of ALTIS	John Godina
John O'Sullivan – Interpersonal Skills	John O'Sullivan
Jonathan Marcus – Transdisciplinary High Performance Pedagogy	Jonathan Marcus
Jorge Carvajal – The preservation of coaching performance	Jorge Carvajal
Josh Hingst – Robust Training Means	Josh Hingst
Justin Moore – Understanding Change of Direction and Multidirectional Speed From The Inside Out	Justin Moore
Keenan Robinson – Jumps and Throws in a Population that was never taught to Jump or Throw	Keenan Robinson
Kelly Starrett – Are We Part of the Problem	Kelly Starrett
Kelly Starrett – T Spine C Spine and Shoulder Trinity	Kelly Starrett
Ken Clark – Application of Multi-Directional Speed	Ken Clark
Ken Clark – Science & Application of Linear Speed for Team Sport Athletes	Ken Clark
Kevin Tyler – Achieving Performance in a Contemporary Sporting Environment	Kevin Tyler
Kevin Tyler – Lessons from my Mentors	Kevin Tyler
Kevin Tyler – Sprint Programming Lessons from Elite 400m Runners	Kevin Tyler
Les Gramantik – Jessica Zelinka Case Study	Les Gramantik
Loren Landow – Multi-Directional Speed	Loren Landow
Loren Landow Unlocking Rotational Power	Loren Landow
Managing Technical Development By Schexnayder	Boo Schexnayder

Dr. Marc Strickland – Sport Psychology: The Brain Always Wins	Dr. Marc Strickland
Matt Ferraro & Mathew Pell – Return to Play in the AFL	Mathew Pell, Matt Ferraro
Matt Jordan – Spreadsheets and Intuition	Matt Jordan
Matt Thome – A Monitoring Framework to Improve Decision Making in Elite Sprinters	Matt Thome
Mechanics of the High Jump Practical Session by Pfaff	Dan Pfaff
Mike Young – Using Science to Enhance the Art of Coaching	Mike Young
Mohammad Nourani – Applying Project Management Across Professional Domains	Mohammad Nourani
Molly Galbraith – Coaching and Training Women: How to Help Female Clients Improve their Body Image (2020)	Molly Galbraith
Molly Galbraith – Coaching and Training Women: How to Help Your Clients Improve Their Body Image (2019)	Molly Galbraith
More Makes and Fewer Misses – Perfecting High Jump Technique by Dan Pfaff	Dan Pfaff
Movement Pattern Analysis Part 1	Dan Pfaff
Movement Pattern Analysis Part 2	Dan Pfaff
Movement Pattern Analysis Part 3	Dan Pfaff
Movement Pattern Analysis Part 4	Dan Pfaff
Nate Shaw – Why We Do What We Do	Nate Shaw
Nelio Moura – Long Jump Technical Analysis	Nelio Moura
Nelio Moura – LTAD to High Performance in Brazil	Nelio Moura
Nelio Moura – Maurren Maggi Long Jump Case Study	Nelio Moura
Nutrition with Dr. Marc Bubbs, Astrid Nyame & Ella Nelson	Dr. Marc Bubbs
Panel Experiences from London 2012 – Ottawa 13	Derek Evely
Past and Present Trends in Periodization	Derek Evely

Performance Therapy with Dr. Jas Randhawa, Dr. Gerry Ramogida & Dr. Gordon Bosworth	Dr. Gerry Ramogida, Dr. Gordon Bosworth, Dr. Jas Randhawa
Pole Vault Technical Analysis by Dan Pfaff	Dan Pfaff
Reinventing the Wheel: Applications to Modern Training Theory	Dr. John Wagle
Resiliency by Dan Pfaff	Dan Pfaff
Roland Schoeman & Dr Mike Kay – Resiliency Considerations for Mind and Body	Dr. Mike Kay, Roland Schoeman
Rotational Shot Put Lecture – Training of Reese Hoffa & Adam Nelson By Babbitt	Don Babbitt
Rotational Shot Put Lecture On Mechanics By Babbitt	Don Babbitt
Rotational Shot Put Mechanics Practical Session by Don Babbitt	Don Babbitt
Ryan Banta – Commonalities Between Elite Speed Practitioners	Ryan Banta
School of Hard Knocks with Dan Pfaff	Dan Pfaff
Scott Caulfield – Developing a Coaching Philosophy	Scott Caulfield
Scott Livingston – Reconditioning & Return to Sport	Scott Livingston
Shawn Myszka – Lessons in Motor Performance & Motor Learning	Shawn Myszka
Shawn Myszka – The Science and Art of Mastering Movement for Sport	Shawn Myszka
Shawn Myszka – Using a Repetition without Repetition Model for Athletes in all Sports	Shawn Myszka
Simon Watts – Athletigen DNA Presentation	Simon Watts
Dr. Sophia Nimphius – Agility Training	Dr. Sophia Nimphius
Sophia Nimphius – Building Capacity & Building Skill for Change of Direction	Dr. Sophia Nimphius
Sophia Nimphius – Learning to Turn	Dr. Sophia Nimphius

Special Strength Exercises for the Horizontal Jumps by Schexnayder	Boo Schexnayder
Special Strength Exercises for the Hurdle Events Practical Session by Winckler	Gary Winckler
Special Strength for the Jumping and Sprinting Events by Pfaff	Dan Pfaff
Specific Strength for the Hurdle Events by Winckler	Gary Winckler
Sports Genetics By Jeremy Koenig	Jeremy Koenig
Sprinting Mechanics Practical Presentation By Kevin Tyler	Kevin Tyler
Starting and Acceleration by Winckler	Gary Winckler
Stuart McMillan – 5 Common Mistakes in Coaching Acceleration and Speed	Stuart McMillan
Stuart McMillan – Concepts in Acceleration	Stuart McMillan
Stuart McMillan – Reconditioning Lab	Stuart McMillan
Stuart McMillan – Speed for Field Sports	Stuart McMillan
Stuart McMillan – Strength Development for Sprinters and Football Players	Stuart McMillan
Surviving in Performance Coaching	Nick Ward
Technical Aspects of the Long Jump by Schexnayder	Boo Schexnayder
Technical Aspects of the Triple Jump by Schexnayder	Boo Schexnayder
Technical Exercises and Teaching Progressions for the TJ By Schexnayder	Boo Schexnayder
Technical Exercises and Teaching Progressions Long Jump By Schexnayder	Boo Schexnayder
The Art of Coaching Applied to Pole Vaulting	Greg Hull
The Art of Coaching By Greg Hull	Greg Hull
The Development of Speed By Kevin Tyler	Kevin Tyler
The Performance Gap What Does It Take For A World Class Speed Power Athlete	Derek Evely

Tianna Bartoletta – Sum of Its Parts and Why Specifics Matter	Tianna Bartoletta
Tim Stevenson - Bombproof Shoulders	Tim Stevenson
Training Considerations for the Sprint Events By Kevin Tyler	Kevin Tyler
Training Improvisation with Tianna Bartoletta & Kebba Tolbert	Kebba Tolbert, Tianna Bartoletta
Training Theory Part 1 by Dan Pfaff	Dan Pfaff
Training Theory Power Speed Events by Pfaff	Dan Pfaff
Transforming Your Coaching Career	Greg Hull
Tyler Goodale – The Need for Speed	Tyler Goodale
Understanding Running Mechanics and Relate to Hurdling by Winckler	Gary Winckler
Vernon Griffith – Exploring the Corners of Creativity, Communication and Movement	Vernon Griffith
Vertical Jumps Developmental Pathways by Dan Pfaff	Dan Pfaff
Vickie Croley – The making of an Olympic Champion	Vickie Croley
Victor Hall – Youth Athletes: are they having FUN?	Victor Hall
Vince Anderson – Acceleration and Max Velocity Sprints	Vince Anderson
Waiting 37 Years At The Train Station For My Ship To Come In	Mike Boyle
Wynn Gmitroski – Endurance Physiology I	Wynn Gmitroski
Wynn Gmitroski – Endurance Physiology II	Wynn Gmitroski

ALTIS PRESENTS

THE LATEST & GREATEST PRESENTATIONS DELIVERED BY BOTH ALTIS STAFF, AND GUEST SPEAKERS ON A RANGE OF TOPICS - FROM COACHING, TO SPORTS SCIENCE, TO SPORTS MEDICINE - TO EVERYTHING PERFORMANCE RELATED IN BETWEEN.

Andreas Behm – The Lead Leg in Sprint Hurdling	Andreas Behm
Alek Gross & Matt Sayce – Speed in the Premier League	Alek Gross, Matt Sayce
ALTIS Connect Live – Mentorship Lessons with Dan Pfaff	Andreas Behm, Dan Pfaff
Applied Acceleration Practical, with Dan Pfaff & Andreas Behm	Andreas Behm, Dan Pfaff
Aries Merritt – QandA	Aries Merritt
Athlete Sprint Video Review & Discussion w/ Stu McMillan, Dan Pfaff & Shyvonne Roxborough	Dan Pfaff, Stuart McMillan
Athletigen | Jeremy Koenig – High Performance Genetics: Application to High Performance Training & The Future	Jeremy Koenig
Brett Bartholomew – Conscious Coaching & Psychosocial Influences in Coaching	Brett Bartholomew
Cam Josse – Developing & Monitoring Speed in College Football	Cam Josse
Cam Josse – Hoosier Speed Development: Technique & Profiling	Cam Josse
Chris Miller – Filling Developmental Gaps	Chris Miller
Coach Stuart McMillan: Mentorship & The Coaching Journey So Far	Dan Pfaff, Nick Ward, Stuart McMillan
Cody Royle – Head Coaching: The Stuff You Don't See	Cody Royle
Dan Pfaff – A coaching journey by a guy who loved sport: Mentors and Networks	Dan Pfaff

Dan Pfaff – Acceleration & Speed KPIs for Team Sport	Dan Pfaff
Dan Pfaff – Getting Talent Ready Post COVID-19	Dan Pfaff
Dan Pfaff – Sports Injuries, Trends and Current Patterns	Dan Pfaff
Dan Pfaff – What is a Coaching Philosophy?	Dan Pfaff
Dan Pfaff: 44 Years in the Trenches – Some Lessons	Dan Pfaff
Derek Evely – New Rules For Evaluating Youth Development Coaching	Derek Evely
Dr Fergus Connolly – Emergence	Fergus Connolly
Dr Jas Randhawa & Jason Hettler – Solving the Performance Puzzle	Dr. Jas Randhawa, Jas Randhawa, Jason Hettler
Dr Joel Dudley – Next Generation Health: Prevention & Performance	Dr Joel Dudley
Dr Ken Clarke – Strength & Speed: Asking the right questions	Dr Ken Clarke
Dr Matt Jordan – Assessing Vertical Jump Force-Time Asymmetries	Dr Matt Jordan, Matt Jordan
Dr Matt Jordan – Managing The Uncertain Journey Back From ACL Injury	Dr Matt Jordan, Matt Jordan
Dr Matt Jordan – Performance Transitioning after ACL Injury: Why Strength Matters	Dr Matt Jordan, Matt Jordan
Dr Nicole Forrester – Sports Psychology 101	Dr Nicole Forrester, Nicole Forrester
Dr. Jas Randhawa – The Mechanics of Health	Dr. Jas Randhawa
Dr. Ola Eriksrud – Resisted and Assisted Sprinting	Dr Ola Eriksrud
Dr. Robert Rountree – Nutrition & Immunology	Dr Robert Rountree
Dustin Nabhan – Preservation of Athlete Health: Tips for High Performance Teams	Dustin Nabhan
Elite Sport doesn't take place at the average: Considerations for Strength Programming	Clive Brewer
Goldie Sayers – Tools & Techniques to Enhance Confidence	Goldie Sayers

Hakan Andersson – Lessons Learned from 4 Decades of Sprint and Speed Coaching and the Evolution of Speed Performance	Hakan Andersson
Harjiv Singh – Language, Space and the Development of Skilled Performance	Harjiv Singh
James Wild – Building Sprint Acceleration Profiles for Team Sport Athletes	James Wild
Jason Hettler – Strength Training for Speed	Jason Hettler
Jeremiah Barnert – Directional and Purposeful Athlete Monitoring	Jeremiah Barnert
Jimson Lee – Technology for Coaches	Jimson Lee
Kebba Tolbert – It Depends. Some Definite Thoughs on Speed Development & Sprinitng	Kebba Tolbert
Kebba Tolbert and Dan Pfaff: 100m, 110m, & 400m Hurdle Analysis	Dan Pfaff, Kebba Tolbert
Kurt Downes – 8 Components of Successful Club Development	Kurt Downes
Laurent Meuwly – Polarized Training for the 400 & 400H	Laurent Meuwly
Leanne Snyder – ACL Injury in Australian Rules Women's Football: Implications for Emerging Sports	Leanne Snyder
Lorena Sumser – Athletic Development in Female Youth Teams	Lorena Sumser
Microloading for Speed – Dr. Erin Feser	Dr Erin Feser
Mo Wells – Speed Development in Team Sports	Mo Wells
Navigating Junior to Senior Athlete Transition	Laura Turner-Alleyne
PJ Vazel – Muscle Fiber Types: The Secret to Speed?	PJ Vazel
Rachel Balkovec – Constraints Led Culture	Rachel Balkovec
Rich Clarke – Agility Performance: How far can peer reviewed literature take us?	Rich Clarke

Sophia Nimphius – Belief & Variability: Quantifying the Complexity of Movement	Dr. Sophia Nimphius
Sprint Velocity Profiling	Andreas Behm, Brendan Thompson, Dan Pfaff
Stuart McMillan – A Systems Approach to Sprinting	Stuart McMillan
Stuart McMillan – Developing a Training Philosophy	Stuart McMillan
Stuart McMillan: Programming – A Systems Perspective	Stuart McMillan
The Practice of Groundedness – Brad Stulberg	Brad Stulberg
Todd Offenbacher – The Edge of Chaos	Todd Offenbacher
Tom Tellez, Dr Chris Arellano & Kyle Tellez – Lessons on Coaching & Sprinting	Dr Chris Arellano, Kyle Tellez, Tom Tellez
Using Data to Drive Programming – Les Spellman	Les Spellman

ALTIS ANSWERS

UNIQUE FOOTAGE FROM INFORMAL Q&A SESSIONS WITH COACHING GREATS.

ALTIS Connect Live – Circuit Training Considerations with Dan Pfaff	Andreas Behm, Dan Pfaff
ALTIS Connect Live: Speed for Field Sports	Alan Murdoch, Bobby Stroupe, Dan Pfaff
ALTIS Connect Live: Strength Training for Speed	Andreas Behm, Cam Josse, Nick Ward, Stuart McMillan
ALTIS Q&A – Andreas Behm	ALTIS, Andreas Behm
ALTIS Q&A – Dan Pfaff	ALTIS, Dan Pfaff
ALTIS Q&A – Dr. Jas Randhawa	Dr. Jas Randhawa
ALTIS Q&A – Dr. Robin Thorpe	Dr. Robin Thorpe
ALTIS Q&A – Kevin Tyler	Kevin Tyler
ALTIS Q&A – Matt Thome	ALTIS, Matt Thome
ALTIS Q&A – Stuart McMillan	ALTIS, Stuart McMillan
Brooks + ALTIS Distance Chat	Allie Buchalski, Andreas Behm, Dan Pfaff, Danny Mackey, Drew Windle
Fergus Connolly, Jorge Carvajal and Dan Pfaff Q&A	Dan Pfaff, Fergus Connolly, Jorge Carvajal
Hierarchical Learning	Jas Randhawa
Jason Hettler – Maximum Strength – Zone 3	Jason Hettler
Jason Hettler – Zone 1	Jason Hettler
Jason Hettler – Zone 2	Jason Hettler
Kevin Tyler and Stuart McMillan Q&A	Kevin Tyler, Stuart McMillan

Load & Adapt	Andreas Behm
Marc Pro	Jas Randhawa
Master Basics	Kyle Hierholzer
Matt Gildersleeve: College Football Performance & Speed – Part 1	Matt Gildersleeve
Matt Gildersleeve: College Football Performance & Speed – Part 2	Matt Gildersleeve
Matt Thome and Liberty Football S&C Staff Q&A	Matt Thome
Neurodynamics: What is it, how does it impact performance?	Andreas Behm, Dr Jeff Beran
Nutrition	Akeem Haynes
Office Hours with Stuart McMillan — Episode 1	Stuart McMillan
Office Hours with Stuart McMillan — Episode 2	Stuart McMillan
Performance Therapy Misconceptions	Jas Randhawa
Performing a Movement Screen: with Dan Pfaff & Kevin Tyler	Dan Pfaff, Kevin Tyler
Pre-Meet	Andreas Behm
Reporting and Debriefing	ALTIS
Strength Programming 101, with Jason Hettler	Jason Hettler
The ALTIS Way	Dustin Imdieke
The Challenges of Navigating a Career in Sport	Dan Pfaff, Fergus Connolly, Jaime Livingston, Kebba Tolbert, Kevin Tyler, Nick Ward, Nicole Surdyka
The Living Movement Screen	Jas Randhawa
Virtual ACP – Q&A with Calais Campbell and Dr. Tommie Smith	Calais Campbell, Dr. Tommie Smith
Virtual ACP – Q&A with Steve Kerr	Andreas Behm, Steve Kerr

ALTIS CANDID CHATS

INFORMAL CASUAL CHATS, INCLUDING PODCASTS, INTERVIEWS, PODCAST AUDIO, PLUS THE RENOWNED ALTIS POOLSIDE CHATS - THE SOURCE OF ALL THE UNCUT COACHING WISDOM SHARED IN ALL ITS AUTHENTICITY.

Acceleration Mechanics – 19 March '14 – Part 1	ALTIS
ACP Feedback – 6 June '14 – Part 5	ALTIS
ACP Question and Answers with Dr. Laura Kunces	Dr. Laura Kunces
Advice & Lessons – 20 March '14 – Part 4	ALTIS
ALTIS Connect Live – Athletic Development Reflections w/ Chad Gunnelson	Chad Gunnelson
ALTIS Connect Live – Coaching for Good	Dave Hembrough, Nick Ward, Nitish Chiniwar
ALTIS Connect Live – Learning, Information & Connecting the Dots	Andreas Behm, Dan Pfaff, Henry Barrera, Kevin Tyler, Nick Ward
ALTIS Connect Live: Life in the NBA	Cory Schlesinger, Dr. Jas Randhawa, Jas Randhawa
Andreas on Preparation With Aries – 2 June '14 – Part 1	Andreas Behm
April ACP Pool Side Chat – 04/03/17	ALTIS
April ACP Pool Side Chat – 04/04/17	ALTIS
April ACP Pool Side Chat – 04/05/17	ALTIS
April B2Ten | Pool Side Chat Hothouse – 04/08/17	ALTIS
April B2Ten/ACP | Pool Side Chat – 04/07/17	ALTIS
Aries Merritt – Lessons from my Mentors	Aries Merritt
Athlete Auto Regulation – 20 March '14 – Part 2	ALTIS

Being a Better Coach – 6 June '14 – Part 6	ALTIS
Between Two Cacti: Stuart McMillan & Dr John Berardi Part 1	Dr. John Berardi, Stuart McMillan
Between Two Cacti: Stuart McMillan & Dr John Berardi Part 2	Dr. John Berardi, Stuart McMillan
Between Two Cacti: Stuart McMillan and Dan Pfaff Part 1	Dan Pfaff, Stuart McMillan
Between Two Cacti: Stuart McMillan and Dan Pfaff Part 2	Dan Pfaff, Stuart McMillan
Changing Sprinting Technique – 8 May '14 – Part 5	ALTIS
Circuit Training & Hurdles – 17 April '14 – Part 5	ALTIS
Coaches Take Care of Yourself – 18 March '14 – Part 5	ALTIS
Coaching Chat: Coaching Developing Athletes – Lessons from the Classroom, Field, & Track	Ellie Kormis, JP Laurent
Coaching Chat #2: The Journey from Olympic Gold to China, with Coach Damien Inocencio.	Damien Inocencio, Ellie Kormis
Coaching Round Table: Dan Pfaff, Stu McMillan & Nick Ward on Coaching and Mentorship	Dan Pfaff, Nick Ward, Stuart McMillan
Coaching Style and Communication – 5 June '14 – Part 7	ALTIS
Communication with Athletes – 10 May '14 – Part 4	ALTIS
Communication With Staff & Athletes – 3 June '14 – Part 2	ALTIS
Culture and Exposure in Track and Field – 14 Oct '14 – Part 3	ALTIS
Dan Answering Broad Range of Questions – 5 June '14 – Part 5	Dan Pfaff
Dan Answering Throws Questions – 7 May '14 – Part 5	Dan Pfaff
Dan on Fun, Rest & Travel – 13 Oct '14 – Part 8	Dan Pfaff
Dan on Jumps & World Class Athletes – 7 May '14 – Part 4	Dan Pfaff
Dan On Paying Attention and Monitoring – 14 Oct '14 – Part 4	Dan Pfaff
Dan On Sprint Drills & Weakness – 2 June '14 – Part 2	Dan Pfaff

Dan on Sprint Mechanics – 7 May '14 – Part 2	Dan Pfaff
Dan on Therapy & Jumps – 17 April '14 – Part 7	Dan Pfaff
Dan on Throwing & Developing Athletes – 9 May '14 – Part 3	Dan Pfaff
Dan Pfaff on Monitoring & Specific Strength – 2 June '14 – Part 5	Dan Pfaff
Dan Pfaff on Power & Speed – 6 June '14 – Part 1	Dan Pfaff
Dan Pfaff on Power & Speed – 6 June '14 – Part 2	Dan Pfaff
Dan Pfaff on Power & Speed – 6 June '14 – Part 3	Dan Pfaff
Dan Pfaff on Power & Speed – 6 June '14 – Part 4	Dan Pfaff
Dan Pfaff on Running Mechanics – 13 Oct '14 – Part 9	Dan Pfaff
December ACP Pool Side Chat – 12/04/17	ALTIS
December ACP Pool Side Chat – 12/05/16	ALTIS
December ACP Pool Side Chat – 12/05/17	ALTIS
December ACP Pool Side Chat – 12/06/16	ALTIS
December ACP Pool Side Chat – 12/06/17	ALTIS
December ACP Pool Side Chat – 12/07/16	ALTIS
December ACP Pool Side Chat – 12/07/17	ALTIS
December ACP Pool Side Chat – 12/08/16	ALTIS
December ACP Pool Side Chat – 12/09/16	ALTIS
December ACP Pool Side Chat – 12/10/16	ALTIS
Don't Fear Failure, Fear Repeating Failure – 6 June '14 – Part 8	ALTIS
Dribbles – 4th June '14 – Part 5	ALTIS
Enduring Pressure – 17 March '14 – Part 4	ALTIS
February ACP Pool Side Chat – 02/06/17	ALTIS
February ACP Pool Side Chat – 02/07/17	ALTIS
February ACP Pool Side Chat – 02/08/17	ALTIS
February ACP Pool Side Chat – 02/09/17	ALTIS
February ACP Pool Side Chat – 02/10/17	ALTIS
February ACP Pool Side Chat – 02/19/18	ALTIS

February ACP Pool Side Chat – 02/20/18	ALTIS
February ACP Pool Side Chat – 02/21/18	ALTIS
February ACP Pool Side Chat – 02/22/18	ALTIS
General Observations – 18 March '14 – Part 1	ALTIS
Injury and Athlete Awareness – 4th June '14 – Part 6	ALTIS
Injury and Recovery – 16 April '14 – Part 2	ALTIS
Injury Prevention & Recovery – 3 June '14 – Part 3	ALTIS
Injury Progression – 16 April '14 – Part 4	ALTIS
Injury, Resilience & Programming – 13 Oct '14 – Part 7	ALTIS
January ACP Pool Side Chat – 1/09/17	ALTIS
January ACP Pool Side Chat – 1/10/17	ALTIS
January ACP Pool Side Chat – 1/11/17	
January ACP Pool Side Chat – 1/12/17	ALTIS
January ACP Pool Side Chat – 1/13/17	ALTIS
Javelin & Training Groups – 17 March '14 – Part 3	ALTIS
Jumps – 4th June '14 – Part 8	ALTIS
Jumps & Hurdles – 7 May '14 – Part 3	ALTIS
June ACP Pool Side Chat – 06/05/17	ALTIS
June ACP Pool Side Chat – 06/06/17	ALTIS
June ACP Pool Side Chat – 06/07/17	ALTIS
June ACP Pool Side Chat – 06/11/18	ALTIS
June ACP Pool Side Chat – 06/12/18	ALTIS
June ACP Pool Side Chat – 06/14/18	ALTIS
Know Thy Athlete – 18 April '14 – Part 7	ALTIS
Knowing When to Fold – 3 June '14 – Part 1	ALTIS

March ACP Pool Side Chat – 03/04/17	ALTIS
March ACP Pool Side Chat – 03/05/17	ALTIS
March ACP Pool Side Chat – 03/06/17	ALTIS
March ACP Pool Side Chat – 03/07/17	ALTIS
March ACP Pool Side Chat – 03/08/17	ALTIS
March ACP Pool Side Chat – 03/12/18	ALTIS
March ACP Pool Side Chat – 03/13/18	ALTIS
March ACP Pool Side Chat – 03/14/18	ALTIS
March ACP Pool Side Chat – 03/15/18	ALTIS
March ACP Pool Side Chat – 03/16/18	ALTIS
Max Hairston – Career Progression	Max Hairston
May ACP Pool Side Chat – 05/08/17	ALTIS
May ACP Pool Side Chat – 05/09/17	ALTIS
May ACP Pool Side Chat – 05/10/17	ALTIS
May ACP Pool Side Chat – 05/11/17	ALTIS
May ACP Pool Side Chat – 05/12/17	ALTIS
May ACP Pool Side Chat – 05/14/18	ALTIS
May ACP Pool Side Chat – 05/15/18	ALTIS
May ACP Pool Side Chat – 05/16/18	ALTIS
May ACP Pool Side Chat – 05/17/18	ALTIS
Mental Health & Hurdles – 17 April '14 – Part 6	ALTIS
Mental Resilience	Melvin Echard
Mental Skills – 4th June '14 – Part 7	ALTIS
Mental Toughness & Nutrition – 18 March '14 – Part 3	ALTIS
Monitoring for Strength Coaches – 15 Oct '14 – Part 1	ALTIS
Monitoring for Strength Coaches – 15 Oct '14 – Part 2	ALTIS
Monitoring for Strength Coaches – 15 Oct '14 – Part 3	ALTIS
Monitoring for Strength Coaches – 15 Oct '14 – Part 4	ALTIS

Morgan Mitchell – Meet Day Preparation	Morgan Mitchell
Motor Behaviour – 20 March '14 – Part 3	ALTIS
Moushaumi Robinson - Q&A: Being an Olympic Athlete, Coach & Social Justice Reformer	Moushaumi Robinson
NCAA Coaching & Donovan Bailey – 19 March '14 – Part 3	ALTIS
Nick Winkelman Answering Questions – 9 May '14 – Part 1	Nick Winkelman
Nick Winkelman Answering Questions – 9 May '14 – Part 2	Nick Winkelman
Nick Winkelman on External Cues – 5 June '14 – Part 4	Nick Winkelman
Nick Winkelman on Motor Learning – 5 June '14 – Part 3	Nick Winkelman
Nick Winkelman on Outcome Oriented Cues – 13 Oct '14 – Part 1	Nick Winkelman
Nick Winkelman on Outcome Oriented Cues – 13 Oct '14 – Part 3	Nick Winkelman
Nick Winkelman on Outcome Oriented Cues – 13 Oct '14 – Part 4	Nick Winkelman
Nick Winkelman on Outcome Oriented Cues – 13 Oct '14 – Part 5	Nick Winkelman
Nick Winkleman on Attention – 5 June '14 – Part 2	Nick Winkelman
Nick Winkleman on Communication With Athletes – 5 June '14 – Part 1	Nick Winkelman
Nick Winkleman on Outcome Oriented Cues – 13 Oct '14 – Part 2	Nick Winkelman
November ACP Pool Side Chat – 11/07/17	ALTIS
November ACP Pool Side Chat – 11/10/16	ALTIS
November ACP Pool Side Chat – 11/10/17	ALTIS
November ACP Pool Side Chat – 11/11/16	ALTIS
November ACP Pool Side Chat – 11/12/16	ALTIS
November ACP Pool Side Chat – 11/7/16	ALTIS
November ACP Pool Side Chat – 11/8/16	ALTIS
November ACP Pool Side Chat – 11/9/16	ALTIS

Performance Therapy	Jas Randhawa
Periodization – 18 April '14 – Part 4	ALTIS
Phylicia George – Competition	Phylicia George
Phylicia George – Transition to College	Phylicia George
Pick The Worst Virus – 2 June '14 – Part 3	ALTIS
Plyometrics – 19 March '14 – Part 2	ALTIS
Pool Side Chat – 06/08/2018	ALTIS
Pool Side Chat – 10/29/2018	ALTIS
Pool Side Chat – 10/30/2018	ALTIS
Pool Side Chat – 10/31/2018	ALTIS
Pool Side Chat – 11/1/2018	ALTIS
Poolside Chat – December 10 2018	ALTIS
Poolside Chat – December 11 2018	ALTIS
Poolside Chat – December 12 2018	ALTIS
Poolside Chat – December 18 2019	ALTIS
Poolside Chat – February 1 2020	ALTIS
Poolside Chat – February 3 2020	ALTIS, Carmen Bott
Poolside Chat – February 5 2020	ALTIS, Molly Galbraith
Poolside Chat – June 17 2019	ALTIS
Poolside Chat – June 18 2019	ALTIS
Poolside Chat – June 19 2019	ALTIS
Poolside Chat – June 20 2019	ALTIS
Poolside Chat – March 4 2019	ALTIS
Poolside Chat – March 5 2019	ALTIS
Poolside Chat – March 6 2019	ALTIS
Poolside Chat – May 13 2019	ALTIS
Poolside Chat – May 14 2019	ALTIS
Poolside Chat – May 15 2019	ALTIS

Poolside Chat – November 4 2019	ALTIS
Poolside Chat – November 5 2019	ALTIS
Preparing For a New Olympic Cycle & Expectations Edit – 13 Oct '14 – Part 6	ALTIS
Programming Questions – 8 May '14 – Part 1	ALTIS
Random Questions – 7 May '14 – Part 1	ALTIS
Random Topics – 16 April '14 – Part 1	ALTIS
Random Topics – 16 April '14 – Part 6	ALTIS
Random Topics – 20 March '14 – Part 1	ALTIS
Recovery Times During Sessions – 18 April '14 – Part 5	ALTIS
Recovery Weeks, Speed & Cycles – 8 May '14 – Part 2	ALTIS, Andreas Behm, Stuart McMillan
Reporting & Networking – 17 March '14 – Part 2	ALTIS
Rhythm & Feedback – 19 March '14 – Part 5	ALTIS
Shawn Myszka – 17 April '14 – Part 1	Shawn Myszka
Shawn Myszka – 17 April '14 – Part 2	Shawn Myszka
Shawn Myszka – 17 April '14 – Part 3	Shawn Myszka
Shawn Myszka – 17 April '14 – Part 4	Shawn Myszka
Shot Put & Trends – 19 March '14 – Part 4	ALTIS
Speed Work & Mental Resiliency – 18 March '14 – Part 2	ALTIS
Sprint Training History – 17 March '14 – Part 1	ALTIS
Strength Coach Zac Brouillette – 6 May '14 – Part 1	
Strength Coach Zac Brouillette – 6 May '14 – Part 2	Zac Brouillette
Stu & Andreas on Programming– 8 May '14 – Part 3	Andreas Behm, Stuart McMillan
Stu & Andreas on Programming – 8 May '14 – Part 4	Andreas Behm, Stuart McMillan
Stu on Coaching and Training Systems – 10 May '14 – Part 2	Stuart McMillan

Stu Intro to Weight Room – 4th June '14 – Part 1	Stuart McMillan
Stu on Weakness in Athletes and Periodization – 4th June '14 – Part 2	Stuart McMillan
Stu on The Bondarchuk System – 4th June '14 – Part 3	Stuart McMillan
Stu on Exercise Selection in The Weight Room – 4th June '14 – Part 4	Stuart McMillan
Super ACP Day 1 – Kelly Starrett	Kelly Starrett
Super ACP Day 2 – Jeremy Koenig	Jeremy Koenig
Super ACP Day 3 – John Berardi	John Berardi
Super ACP Day 4 – Dan Pfaff	Dan Pfaff
Super ACP Day 5 – Matt Jordan	Matt Jordan
Super ACP Day 6 – Brett Bartholomew	Brett Bartholomew
Super Training– 16 April '14 – Part 5	ALTIS
Surviving Rounds and The Season – 14 Oct '14 – Part 2	ALTIS
The Dan Test on Coaching Philosophy – 6 June '14 – Part 7	Dan Pfaff
Therapy, Injury & Travel – 18 March '14 – Part 4	ALTIS
Toe Drag and Acceleration Mechanics – 16 April '14 – Part 3	ALTIS
Training Systems – 10 May '14 – Part 3	ALTIS
Training Theory – 18 April '14 – Part 6	ALTIS
Variety of Questions – 14 Oct '14 – Part 1	ALTIS
Weight Room Conduct	Mikel Thomas
Weight Room Discussion – 18 April '14 – Part 1	ALTIS
Weight Room Discussion – 18 April '14 – Part 2	ALTIS
Weight Room Discussion – 18 April '14 – Part 3	ALTIS
Women in Coaching with Molly Galbraith & Rachel Balkovec	Molly Galbraith, Rachel Balkovec

ALTIS ON-TRACK

SHORT 'HOW TO' AND 'WHAT TO DO' INSTRUCTIONAL VIDEOS, ON A RANGE OF OUR MOST REQUESTED AND POPULAR TOPICS & UNIQUE BEHIND THE SCENES FOOTAGE FROM ALTIS TRAINING SESSIONS.

Acceleration	Chidi Enyia
Acceleration Development	Andreas Behm
Alex Hanssen – Mindset	Alex Hanssen
ALTIS On-Track – Sprint Session: 90m 120m 150m Ladder	Stuart McMillan
ALTIS On-Track Effectiveness & Efficiency [Part 1]	Stuart McMillan
ALTIS On-Track: Curve Runs	Stuart McMillan
Andreas Behm – Discounting Hurdles	Andreas Behm
Andreas Behm – Finishing A Hurdle Race	Andreas Behm
Andreas Behm – The Curve	Andreas Behm
Andreas Behm – Varying Hurdle Heights	Andreas Behm
Andreas Behm – Wicket Runs	Andreas Behm
Block Set up Instruction with Coach McMillan	Stuart McMillan
Block Set-Up	ALTIS
Breathing Exercise	ALTIS
Chidi Enyia – Dribbles	Chidi Enyia
Chidi Enyia – Post-Up Drill	Chidi Enyia
Chidi Enyia – Tape Ladder	Chidi Enyia
Cross Training	Ricky Soos
Diaphragm	ALTIS
Ella Nelson – Nutrition	Ella Nelson
Foot Biomechanics	Jas Randhawa
Hamstring Assessment	Jas Randhawa
Hamstring Assessment Part 2	Jas Randhawa

Hamstring Muscle Testing	Adam Welker, Jas Randhawa
Hip Plank	Jas Randhawa
Jas Randhawa – Hip Rotation	Jas Randhawa
Jas Randhawa: Upper Limb Therapy	Jas Randhawa
Kelly Starrett – Practical from May ACP	Kelly Starrett
Max Velocity	Jason Hettler
Movement Restoration	ALTIS
On Track: Drop in Accelerations	Stuart McMillan
On-Track: 250m Time Trial	Stuart McMillan
On-Track: 400m Crew Saturday Training	Kevin Tyler
On-Track: Differential Strides with Coach Stu & Imani	Stuart McMillan
On-Track: Effectiveness vs Efficiency – Part 2	Stuart McMillan
On-Track: Intensive Tempo Session	Stuart McMillan
On-Track: Performance Therapy	Stuart McMillan
On-Track: Potentiation & Prep Session – 150s	Stuart McMillan
Pre-Meet Considerations	Stuart McMillan
Ricky Soos – Cross Training	Ricky Soos
Ricky Soos – Neural Flossing	Ricky Soos
Rudiment	ALTIS
Segment Runs	Jason Hettler
Sleep	Andreas Behm
Sprint Drills	Jason Hettler
The Warm Up as a Movement Screen	Dan Pfaff
Torso Activation	ALTIS
Various Therapies	Brendan Cole
Weight Room Warm Ups	Jason Hettler
What's the difference between being a younger athlete, and training for the Masters Events?	Andreas Behm

COACH PFAFF UNSCRIPTED

A NEWLY ADDED CATEGORY FEATURING 'GOLD' COACH PFAFF CONTENT. WATCH FLY-ON-THE-WALL FOOTAGE FROM TRAINING SESSIONS TRACKSIDE, LISTEN TO UNSCRIPTED UNCUT 'CHATS', & ACCESS A RANGE OF SHORT EXCERPTS WITH ONE OF THE GREATEST COACHES OF ALL TIME.

Barriers to Championship Performance	Dan Pfaff, Nick Ward
Behind the Scenes with Coach Pfaff – Movement Analysis & Sprint Drills	Dan Pfaff
The Warm Up as a Movement Screen	Dan Pfaff
Trackside Down Under with Coach Pfaff	Dan Pfaff

ALTIS CONNECT

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