



FAST FASCIA
HARNESS THE POTENTIAL OF FASICA-FOCUSED TRAINING

FAST FASCIA

WHY FASICA? WHY NOW?

 **ALTIS**

RUDE ROCK
STRENGTH & CONDITIONING



WHAT IS 'FAST FASCIA'?

Fast Fascia is an ALTIS Digital Course, created in collaboration with renowned Fascia expert - Danny Foley.

This Pocket Guide Course, which can be completed in a day, delves into the significance of fascia, explaining what it is and why it matters.

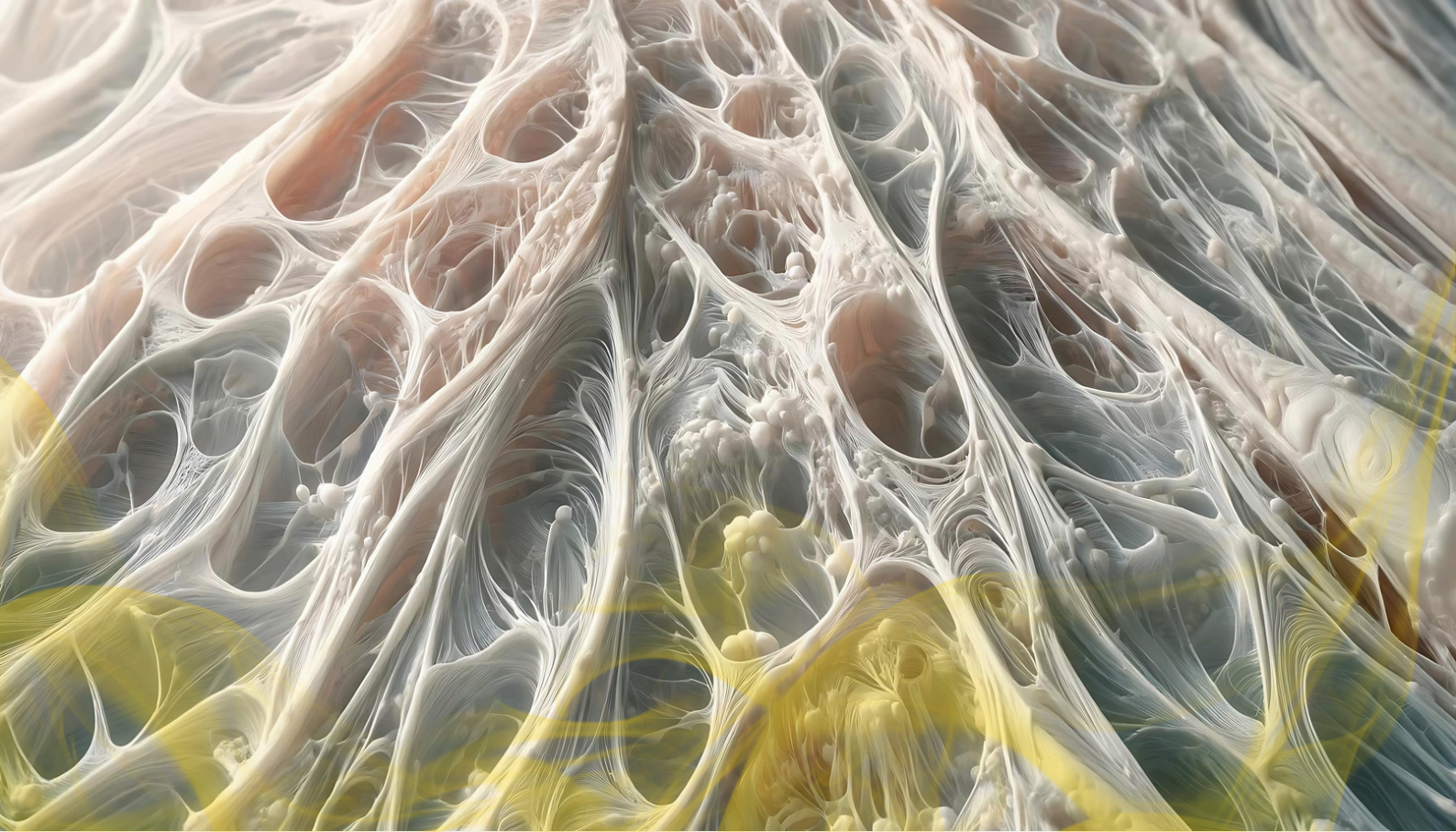
In it, you'll uncover how fascia contributes to explosive speed, effective movement, and injury prevention and rehabilitation. You'll learn how, by integrating fascia-focused training principles, you can unlock new levels of performance in athletes, achieving greater speed and resilience.

Delivered primarily through video, with complementary reading, this course aims to redefine how we view sporting movement, emphasizing the interconnectedness of the human body through a fascial lens.

Whether you're a coach, athlete, or therapist, understanding and training fascia is key to elevating sporting performance to new heights.

FAST FASCIA





SOUNDS GOOD, SO WHAT IS FASCIA?

Fascia, a crucial yet often neglected connective tissue, envelops and connects all organs and muscles in the body, creating a continuous and integrated network. This network of connective tissue surrounds and interconnects muscles, bones, and organs. This tissue is composed of collagen and elastin fibers, giving it both strength and flexibility.

Fascia plays a crucial role in transmitting force, maintaining structural integrity, and facilitating coordinated movement. Its role is not just about individual muscles working in isolation, but about how these muscles coordinate through the fascial network: this integration is crucial for efficient, fast movement.

Fascia helps distribute forces across the body, reducing the risk of injury and improving performance. In sprinting and other explosive movements, what we call 'fascial lines' work together to optimize force transmission and coordination.

By embracing the perspective of the neuromyofascial web, we can gain a more comprehensive understanding of human movement, which can transform approaches to training, performance enhancement, and injury prevention. This holistic view underscores the importance of considering the body's interconnected systems in maximizing health and athletic performance.

WHY DO I NEED TO KNOW ABOUT FASCIA?

You might ask, "If my training already includes sprinting, jumping, throwing, and playing my sport, isn't that enough 'fascial training'?"

Well, yes – maybe.

But that's not the point.

A 'fascial approach' to training represents a difference in philosophy, rather than a difference in method.

This philosophical difference often leads to methodological differences, but it's essential to understand that philosophy drives methodology, not the other way around.

If we understand that movement is fundamentally about how different parts of the body coordinate with each other in space and time, it is then essential we better understand what connects many of these different parts in the first place – namely, FASCIA.

If there are three words that encapsulate this Course in totality, they are Integration, Not Isolation:

- Our current understanding often treats fascia as something separate and different. The goal of Fast Fascia is to demonstrate how fascia integrates and intertwines with all bodily systems, not how it separates them.
- Fascia-based training enhances the body's connective tissue network to improve movement efficiency, force transmission, and injury resilience.



Continued...

As our Course author Danny Foley points out –

“Emphasizing fascia in training does not require us to do completely different things, just to do some things differently.”

It’s crucial to note that training the fascia often looks similar to traditional training.

The difference lies in perspective: training should focus on the interaction between parts rather than the isolated parts themselves. Fascia should not be relegated solely to stretching and recovery; it plays a significant role in force transmission.

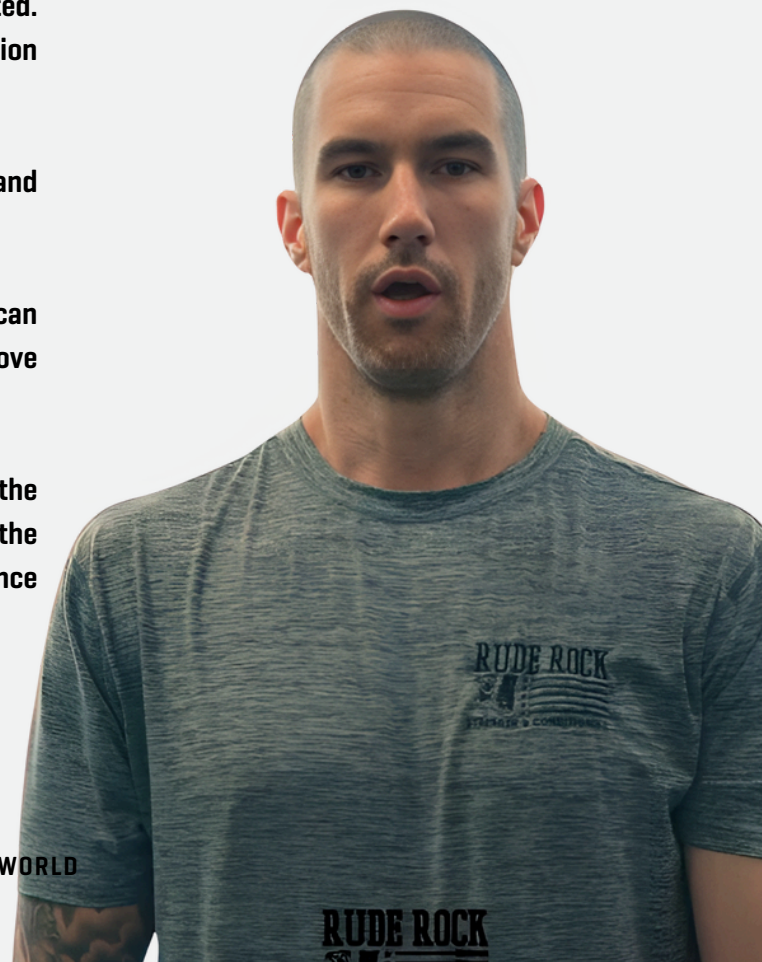
And it is here that FASCIA has its greatest connection with FAST.

You cannot run fast if you don’t have an effective fascial system. Look at the fastest athletes in the world – regardless of sport. They are the ones that move the most efficiently, with the most fluidity – the most coordinated. And what is coordination if not the ‘effective connection and coordination between things’?

In short, fascia is the KEY to this connection and coordination.

Understanding fascia’s role in sprinting means that we can better devise and prescribe methods designed to improve the speed of our athletes.

By focusing on fascia, we can enhance not just the individual components of athletic performance, but the harmonious integration that makes peak performance possible.





COACH DANNY FOLEY

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WHY IS FASCIA IMPORTANT NOW?

Well, very simply – because it's only very recently that we even understand what fascia is in the first place!

Historically, the medical and scientific communities have focused primarily on bones, muscles, and organs, often neglecting the connective tissues that link them. This oversight is rooted in early anatomical studies, which viewed fascia as a passive, inert material. However, as our understanding of the body has evolved, so too has our appreciation for the complexity and functionality of fascia.

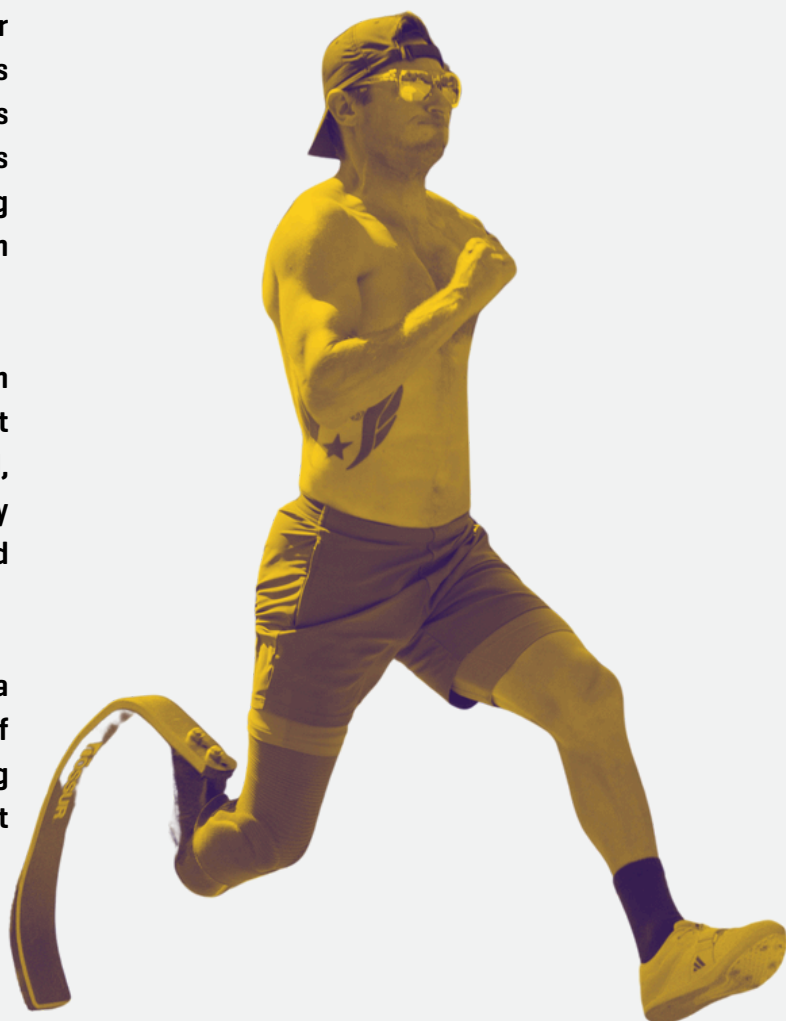
It's only in the last few decades that the medical and scientific communities have begun to fully appreciate the role fascia plays in effective and efficient movement. And it's even more recently that coaches and therapists have begun using this knowledge to inform their practice.

Our better appreciation for the role fascia plays in movement is part of a broader philosophical shift towards a more integrative approach to understanding health and performance. This shift recognizes that the body functions as a cohesive unit, where every part is interconnected and influences the other.

Having reached a point of diminishing returns on a reductionist view of movement, we now better recognize that the true nature of biological systems can only be appreciated by studying how components interact within the whole. This holistic perspective is essential for developing more effective training programs that address the complexity of human movement.

For those of us working in sports and human performance, this holistic perspective is crucial. It helps us understand how movement is coordinated, communicated, controlled, and connected, ultimately leading to more effective training, health, and performance strategies.

By integrating this newfound understanding of fascia into our practices, we can push the boundaries of athletic performance and injury prevention, ensuring that athletes are not only performing at their best, but are also safeguarded against common injuries.



WHY TRUST US? - STU MCMILLAN

“The science and practice of fascia are at a pivotal point. Advances in research and technology have unveiled the critical role fascia plays in movement, injury prevention, and recovery. Despite this, much of the existing knowledge remains inaccessible or impractical for coaches and athletes. Thomas Myers’ Anatomy Trains text is excellent, for example, but it’s far too complex for most of us to understand and apply.

The need for a clear, applicable understanding of fascia has never been greater. This is what led me to reach out to Danny Foley. I’ve been a big fan of Danny’s work for a few years now and have taken both of his more detailed courses. Danny is a great coach with unique experiences and has worked with diverse populations, from Military Special Operators to NFL players.

These experiences have led him to view movement and exercise very differently, and it is clear to me that Danny is the coach who best bridges the gap between theory and practice in the fascia-training world.

If you follow him on social media, you will see that he has a unique ability to translate complex fascial concepts into practical applications that coaches and athletes can readily implement. Unlike many experts who get lost in the weeds, Danny focuses on real-world applications, making fascia relevant and useful for everyday coaching. His hands-on experience and clear communication style make him an invaluable resource for those looking to deepen their understanding and enhance their coaching practices.

The second part of this course - FAST - is where we come in. Danny brings his deep knowledge of fascia. We bring our deep knowledge of speed - and together, we have built an excellent exploration of fascia’s role in enhancing speed and performance. By combining Danny’s expertise in fascial science with our practical experience and expertise in speed training, we provide a comprehensive, integrated approach to improving athletic performance.

This Course will not only enhance your understanding of fascia but also show you how to apply this knowledge to make your athletes faster, more efficient, and more resilient.

I really hope you enjoy it!”



PRIMARY COURSE THEMES

THROUGH THE SIX CORE MODULES OF THE FAST FASCIA COURSE, YOU'LL EXPLORE THE FOLLOWING PRIMARY THEMES:

BUILDING A POWERFUL BASE:

- **Eccentric Capacity and Strain Tolerance:** You'll learn how to develop a robust foundation by training muscles to lengthen under control, fueling explosive contractions.
- **Movement Velocity Over Total Load:** Why prioritizing producing submaximal forces, at higher velocities rather than maximum load is key.

PREPARING FOR DYNAMIC MOVEMENT:

- **Training for Variability:** Train for the unpredictable nature of sports by incorporating drills that challenge the body to adapt to different situations.
- **Distribution of Forces and Stressors:** Understand the roles of compressive and tensile forces, crucial for optimal speed development and injury prevention.

OPTIMIZING MOVEMENT MECHANICS:

- **Total Body, Omniplanar Movements:** Integrate full-body exercises across multiple planes to improve coordination and develop functional strength for sprinting.
- **Fascial Manipulation and Manual Therapy:** You'll explore how passive and active techniques can improve movement quality and reduce restrictions in the fascia, potentially benefiting athletic performance.



TARGETED TRAINING STRATEGIES:

- **Myofascial vs. Musculotendinous Training Focus:** Learn the difference between training the myofascial system for intrinsic variability and stability, and the musculotendinous system, with bilateral linear patterns with high structure, emphasizing progressive overload and force tolerance.
- **Balancing Muscular Force and Tendon Stiffness:** Discover how to ensure increases in muscle strength are matched with corresponding increases in tendon stiffness for efficient energy transfer and reduced injury risk.

KEY TRAINING CONCEPTS:

- **Elastic, Viscous, Plastic, and Sensorimotor Properties:** Enhance the body's properties for efficient force transmission, movement fluidity, stability, and proprioception (body awareness in space).
- **Spinal Engine and Lower Leg Fascial Dynamics:** Integrate training principles that address the dynamics of the spine and lower leg fascia for a more comprehensive approach.
- **Adapting to Myotendinous and Myofascial Structures:** Learn how training can address adaptations in both myotendinous (handling longitudinal and compressive forces) and myofascial structures (managing lateral and shearing forces) to optimize training programs.
- **Contextual Strength:** Discover how to design strength training programs specific to the athlete's type, style, role, and needs, ensuring individualized and sport-specific training for optimal results.



Course Authors



DANNY FOLEY

Danny is entering his tenth year as a high-performance coach and injury management specialist, and is widely regarded as a leading expert on fascia, and fascia-focused training.

Danny is the Co-founder of Rude Rock Strength and Conditioning (2018), which is an online based platform providing remote-based training along with a variety of educational and informational based content.

Danny received both his bachelors and master's degrees in Exercise Science from Old Dominion University. He currently holds certification through the NSCA (CSCS*D, TSAC-F*D), BeActivated , Square1, and USAW (Level 1). Over the years he has become notably recognized for fascial based training concepts and anatomy.

In addition to numerous presentations, he has published hundreds of articles and webinars on fascia and other performance related topics. Danny has been a prominent contributor for organizations like SimpliFaster, the NSCA, and others.

Course Authors



STUART MCMILLAN

Currently in his 30th year of professional coaching, Stuart McMillan is CEO and Short Sprints Coach at ALTIS, and is widely regarded as one of the best sprint coaches in the world.

Stuart has worked with professional and amateur athletes in a variety of sports with a focus on power and speed development, and he has personally coached more than 70 Olympians at nine Olympic Games, winning over 30 Olympic medals.

He has worked as part of national governing bodies in six countries and has been part of and/or led integrated support teams in the United States, Canada, and the UK. Stuart has also accrued the unique experience of coaching at three home Olympic Games, working with American athletes in 2002 at the Salt Lake City Games, Canadians in 2010 at Vancouver-Whistler, and British athletes in 2012 at the London Olympics.

Most recently, he coached British sprinter Jodie Williams to a sixth-place finish in the 400m at the Tokyo Olympic Games.



Course Guests

DAN PFAFF

One of the most revered and successful coaches on the planet, Dan Pfaff has tutored 49 Olympians including nine medalists, 51 World Championship competitors (also nine medalists), and five world-record holders. He has directed athletes to 57 national records across a multitude of events.

Dan has served on five Olympic Games coaching staffs in five different countries and nine World Championships staffs for six different countries. He has lectured in 27 countries and is published in over 20 countries. During his NCAA coaching career, Dan has coached 29 NCAA individual national champions and 150 All-Americans, and has been a lead staff member on teams that have won 17 NCAA National Team Championships, fifteen women and two men.



BJ COLE

Brendan is not only an Olympian, representing Australia at the London Olympics in Track and Field, he is a Commonwealth games Gold Medalist! He has over 20 years plus experience as a Therapist, with a particular focus on exercise, movement, and sport.

Brendan has supported Athletics Australia, Netball Australia, USA Bobsled/Skeleton, the Australian Institute of Sport, and Gymnastics Australia within his role as a sports therapist.

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Time to upgrade your perspective...

EXPLORE FAST FASCIA NOW



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