

Repeat Acceleration & Speed Development Solutions for Team and Field Sport

Presented by: Derek M. Hansen



**Ulster University Sports Village – May 30, 2026
10:00am to 4:00pm**

Seminar Title: **Repeat Acceleration & Speed Development Strategies for Team & Field Sport**

Seminar Date: Saturday, May 30, 2026 – 10:00am to 4:00pm

Location: **Ulster University Sports Village – Jordanstown Indoor**
Shore Rd, Newtownabbey, BT37 0QB

Local Contact: Brendan Murphy – Head of Athletic Performance: Antrim GAA
brendanmurphy1986@gmail.com

Instructor: Derek M. Hansen, CSCS – derek@runningmechanics.com

Course Fee: 199 £ (\$265 US)

Course link: <https://www.runningmechanics.com/events/repeat-accelerat...sity-may-30-2026/>

Seminar Outline

The seminar will include a balanced mix of presentations and practical demonstrations that all attendees will be encouraged to participate in or observe. Interactive discussion is encouraged. Time for questions will be provided during breaks and following the seminar.

1. Introduction

- Key Issues Facing Modern Team Sport Athletes
- Shrinking Preparation and Development Windows
- Training Load Management – More or Less?

2. The Role of GPP in Setting a Foundation

- Key Goals in General Physical Preparation for Field Sport Athletes (Rugby, GAA, Hurling, Football, etc.)
- Sprint Drill Basics – What Moves the Needle?
- Implementing the 10x10 Repeat Acceleration Protocol
- Supportive Programming for Performance Enhancement and Injury Prevention

3. From Early Acceleration to Maximum Velocity

- Short-to-Long Progression Basics for Team Sport
- High-Low Microcycle Planning: Off-Season vs In-Season
- Developing a Speed Reserve for Durability
- Integrating Change-of-Direction Work as Part of a Speed Program
- Tempo Running Guidelines for Work Capacity and Recovery

4. Return-to-Play and Rehabilitation

- Progressions of Work: A Conceptual Model
- Hamstring RTP Model
- Adapting the Model to Other Injuries
 - Knee / ACL
 - Hip Flexor / Adductor
 - Achilles / Calf / Foot
 - Upper Body and Extremity

5. Concluding Remarks

- Key Takeaways
- Q&A

About Your Seminar Instructor: *Derek M. Hansen*



Derek M. Hansen is an international sports performance consultant and educator, specializing in athlete speed, return-to-play protocols and strategic sport planning. His Running Mechanics Professional Courses are taught all over the world via in-person instruction and virtual platforms. Some of the organizations that have taken the Running Mechanics Professional courses in recent years include the:

- Indiana University Football, NCAA
- Penske Racing, NASCAR and Indy Car
- Kansas City Chiefs, NFL
- Atlanta Braves, MLB
- Toronto Maple Leafs, NHL
- Arizona Coyotes / Utah Mammoth, NHL
- Air Force Academy Football, NCAA
- Seattle Seahawks, NFL
- Houston Texans, NFL
- DePaul University Athletics, NCAA

Assisting with the seminar will be

Ryan McLaughlin

BSc (Hons), MSc, XPS
PhD Researcher at Atlantic
Technological University, Donegal

Ryan is currently diving specifically into the 10x10 protocol as part of his PhD research. He'll share key insights from the research so far as well as recommendations on best practices moving forward with and without utilization of technology.

As well thousands of individual practitioners in the fields of sports performance, physical therapy and rehabilitation, personal fitness, athlete recovery and sport science. Adding these skills around using running protocols as a performance and rehabilitation tool will only strengthen your arsenal for your clients. We look forward to engaging you and adding value to your professional practice and career.

Derek will also be presenting these training and rehabilitation concepts at the CSCCa National Conference in May 2026 in Fort Worth, TX, the IUSCA in June 2026 in Leeds, UK and the NSCA National Convention in July 2026 in New Orleans, LA.

Key Coaching Takeaways from the Seminar:

- **Movement assessment skills** for onboarding new clients and athletes, defining a roadmap for improvement movement and identifying key mechanisms of injury in movement scenarios for all sporting activities
- **Program planning guidelines** for speed development, running efficiency and economy, and resilient return-to-play protocols.
- **Drill and exercise selection** for efficient workout planning and accelerated results, ensuring maximal returns on investment.
- **Technology integration recommendations** for the best overall value and outcomes, maximizing investments and expenditures.
- **Business and career development skills and tools** for creating a successful program and practice for athlete development coaches and active rehabilitation professionals.

Register Here: <https://www.runningmechanics.com/events/repeat-accelerat...sity-may-30-2026/>

Free eBook,

“10x10 Repeat Sprint Method: A Quick-Start Manual for the Coach and Rehabilitation Professional”

for all attendees who register prior to April 26, 2026.

