

SPORTS SPEED

BY ATLEE MAHORN, MBA, OLY | THREE-TIME OLYMPIAN

Bring Olympic sprint principles to your team's training.

A practical speed-training and coach-education resource for high school coaches and athletic directors.

A clearer framework for coaching speed

Coaches juggle practices, competition, and athlete development—often without a dedicated sports-science staff. Sports Speed brings sprint education, structured training guidance, and practical performance tools into one web-based resource.

WHAT YOUR STAFF CAN EXPLORE

A structured progression

A 16-week short-to-long framework connecting acceleration, maximum velocity, and competition preparation.

Sport-specific education

Coaching guidance across football, soccer, basketball, baseball, lacrosse, track and field, and hockey.

Practical performance concepts

Calculators and visual explanations that make force, speed, power, and movement principles easier to discuss.

More than sprint drills

Strength, warm-up, recovery, and whole-athlete education that helps staff connect individual sessions to the wider season.

FOR COACHES

Build understanding and bring more structure to speed-training decisions.

FOR ATHLETIC DIRECTORS

Explore a shared educational resource for staff across multiple sports.

Explore Sports Speed

Visit the website to learn more, or email Atlee to request a walkthrough.

www.atleemahorn.com | aamahorn@gmail.com

Educational and coaching decision support—not a substitute for qualified supervision or medical advice. Tool outputs depend on inputs and assumptions. Feature availability varies by module; athlete outcomes are not guaranteed.