



Mike McFarlane
Stan Madiri

“1% is more than 99%”



SPEED
IS 1% MORE THAN 99%

1% is Just a Number and A Word

- More Detailed
- It becomes more personal
- More or Less session
- Coach or Athlete wanting 99%






HOW

TEST

CONSULT

INDIVIDUAL SET THERE PLAN

NOW WE MAY BEGIN



Less over load = less likely hood of injury

