



BRAD LESTER (THE SPEED GENIUS)

RUNNING BACK TRAINING TRACK RECORD

Notable Clients(Current-Past)

Chris Carson (Seattle Seahawks)
Najee Harris (Pittsburgh Steelers)
Alvin Kamara (New Orlean Saints)
Ty'son Williams (Baltimore Ravens)
Caleb Huntley (Atlanta Falcons)
CJ Marable (Chicago bears)
Dylan McDuffie (University of Buffalo)
Roschon Johnson (University of Texas)
Kendall Milton (University of Georgia)
Jamyest Williams (Georgia State)
Christian Turner (Wake Forest)
Lorenzo Lingard (University of Florida)

in-depth look at Brad Lester RB Training Stats

www.TheSpeedGenius.com | [@thespeedgenius](https://www.instagram.com/thespeedgenius) (Instagram)

Are you asking yourself, “Is this the Running Back Training Program I need?”

Here is a list of reasons why !

Advanced Running Back Training method , each drill - day is geared towards a direct approach towards being a better running back. Every rep is a rep that can make the difference between a 5 yard run & a 60 yard run

20 years of experience working with more then 15 NFL Running Backs. Also completed degree in kinesiology (Exercise Science) during career at Auburn University)

Competed as a 4 year starter at the SEC level (Auburn University). Finished college career averaging 5 yards per touch. #1 as Auburn’s all-time touchdown per carry leader.

2021

Najee Harris -1st round draft pick, Doak Walker Award Winner , SEC TOUCHDOWN RECORD, School Rushing Record.

2017

Alvin Kamara NFL Rookie of the year. The second player in NFL history to score six rushing touchdowns in a single game

2017

Chris Carson seventh-round draft pick by Seattle Seahawks in 2017, was one of five players selected for VIZIO“Newcomer of the year”

RUNNING BACK TRAINING FOCUS



Train To Get Better

Game Simulated Training Scenarios

Improve Lateral Movement



Train To Be Physical

Enhance Lower Body Explosiveness

Improve Catching Skills/ Route Running



Train To Be The Total Package

Enhance Pass Protection Ability

Identify & Develop Open Field Moves

Ball Security/Protection

