Henk Kraaijenhof’s *Speed is What We Need* is a fantastic resource for sprint coaches and strength and conditioning professionals. In this text, you’ll find practical information and examples of training sessions related to developing acceleration, reaction time, maximum speed, and speed endurance. Henk also dives into strength training for speed, speed training for team sports, periodization, recovery, and much more. If you’re a fan of Henk’s past presentations or blog posts, you are going to love this book; if you have yet to see any of Henk’s work, this is essential reading.