

INTERROUCTION



A variation of our standard 300-Level Athletic programming, this program is aimed at developing a complete athlete, "in-the-gym", through Strength, Power, Control, & Capacity development, all built into a 2-Day training schedule.

Over the course of the program, we place an emphasis on building raw total-body strength through unique phases of the powerlifts and their variations. Simultaneously, we will develop our rate of force production, or "Power", through different plyometrics, ballistics, and a full progression of the "Clean" movement - utilizing all of it's variations from the top down. Lastly, we will consistently build durability and work capacity through a blend of hypertrophy training, accessory strength work, and Metabolic conditioning.

Breakdown

12 Weeks | 2 Lifts per Week

Workouts should take between 50-70 minutes

*This template contains 3 Weeks (6 Lifts)

Workout Format

Each weight training day contains a brief warm up (with dynamic movement, mobility, and technique work), pre-hab & activation (injury prevention, core, etc), power development (plyo, ballistics, and/or OLY lifts), max strength (power lifts), accessory strength work (unilateral work, push/pull, etc), and a short "finisher" for capacity and volume, complete with full instruction & explanation.

Audience

Grades 9 – 12 – Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.

Equipment

Must Have:

- PVC Pipe
- Barbells, Bumper Plates & Rack
- Dumbbells & Benches
- Pull-Up Bar/ TRX/Rings
- "Run" option

Nice to Have:

- Kettlebells
- Jump Rope
- Plyo Boxes
- Foam Roller/Lax Ball
- Cardio Machines
- Bands

LIFT 1 – Bench & Deadlift

These first few sessions are JUST ABOUT GETTING BACK INTO the true strength game. Train SMART, and then hard. This week, focuses on the side of "easing in" rather than jumping into heavy weights.

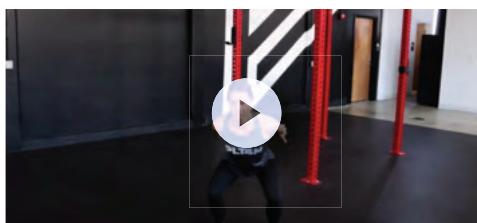
You may feel that the weight is on the lighter side for your core lifts – that is intentional! Focus on form and movement, and we will add weight as we go!



5 Minutes for Warm Up

1). "Pre-Practice" Warm up

- Walking Lunge
- Single Leg RDLs
- Hurdle Walks
- Side Lunge
- Quad & Reach
- Toe/Heel Walk
- Circles Forward/Backward (switch halfway)
- High Knees
- Butt Kicks
- 75% Sprint 2x
- 85% Sprint 2x

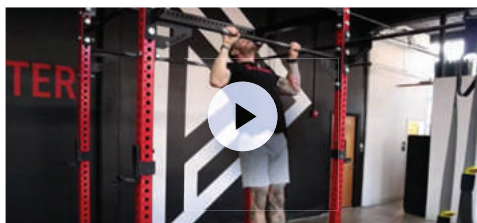


2 Minutes for Plyos

2). Snap Down to Lateral Jump

- 10 Total Reps (5 each side)
- Single Efforts – Rest and reset between reps.

We are looking for a smooth combo of POWER and CONTROL. Hit your positions in the snap down, but then explode with speed up and out to the side on your jump. Do NOT FORGET to focus on the second landing as well!



5 Minute for This Pull Assessment

3). Strict Pull Up Assesment

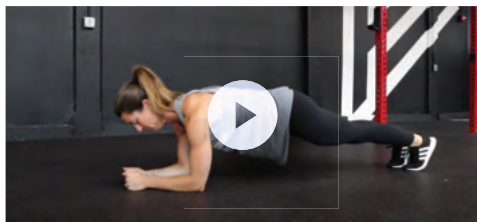
REPS:

- 8
- 5
- 2
- Max reps

NOTE:

- Easy Pulls
- Moderate Pulls
- Hard Pulls
- Strict Pulls

Record your result
[Result:]



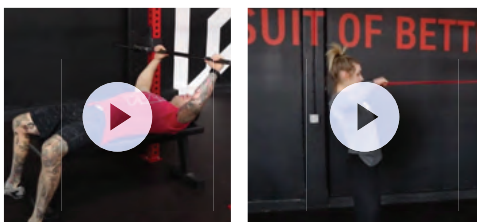
5 Minutes for the Hold Assessment

4). Elbow Plank Assessment

Max Plank Hold:

Here's the deal - this is a STRICT test. You fail the moment you deviate from our points of performance. It's not how long you can stay off of the ground, it is how long you can HOLD A PERFECT PLANK without moving.

Record your time
[Result:]



12 Minutes for the Bench Press/Scrap Superset

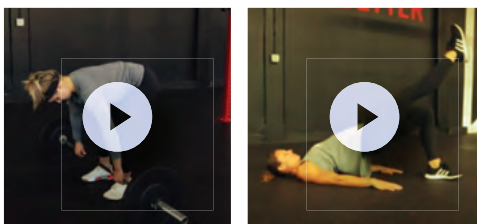
- Rest well between set.

5a). Bench Press

- | REPS: | WEIGHT: |
|-------|-------------|
| 8 | 50% * Bench |
| 8 | 55% * Bench |
| 8 | 60% * Bench |
| 8 | 63% * Bench |
| 8 | 66% * Bench |

5b). Band Face Pulls

- | REPS: | WEIGHT: |
|-------|-----------------|
| 8 | slow/controlled |
| 8 | slow/controlled |
| 8 | slow/controlled |



12 Minutes for the Deadlift/Bridge Superset

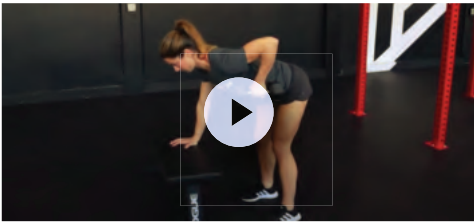
- Rest well between sets.

6a). Deadlift

- | REPS: | WEIGHT: |
|-------|----------------|
| 5 | 55% * Deadlift |
| 5 | 55% * Deadlift |
| 5 | 56% * Deadlift |
| 5 | 56% * Deadlift |
| 5 | 57% * Deadlift |

6b). Single Leg Glute Bridge

- | REPS: | WEIGHT: |
|--------|-----------------|
| 5 each | slow/controlled |
| 5 each | slow/controlled |
| 5 each | slow/controlled |



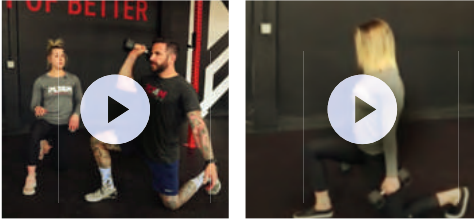
12 Minutes for this Pull/Press/Split-Squat Superset

- Move slowly but steadily throughout the 3 movements. Rest for about 1:00 between rounds. Looking for roughly 10 moderately challenging single reps per set, with some wiggle room above or below depending on difficulty. This is NOT about grabbing a heavy weight and swinging it around. Challenge yourself to get great, controlled reps.

7a). DB Bent Over Row

REPS:
8-12 each
8-12 each
8-12 each

WEIGHT:
20% * Bench
20% * Bench
20% * Bench

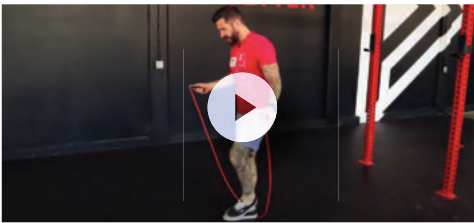


7b). Kneeling Single Arm Press

REPS: WEIGHT:
6-8 each 14% * Bench
6-8 each 14% * Bench
6-8 each 14% * Bench

7c). DB Split Squat

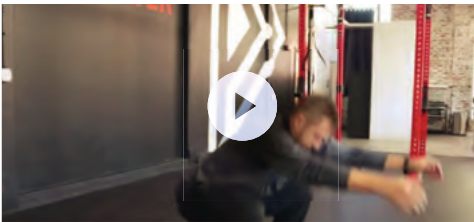
REPS: WEIGHT:
8-10 each 16% * Squat
8-10 each 16% * Squat
8-10 each 16% * Squat



8). Jump Rope Assessment

- Max single under reps in 1:00 minute.

Record your time:
[Result:]



9). Air Squat Challenge: 1 Minute

- Perform max reps for 1 minute.

Record your time:
[Result:]

PERSONALIZING WORKOUTS DOESN'T HAVE TO BE THIS HARD!

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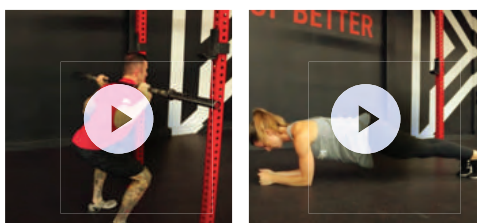
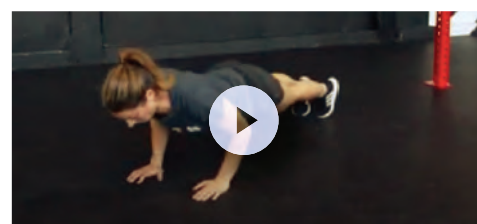
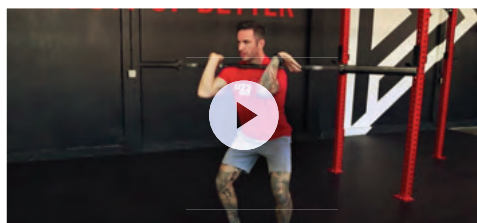
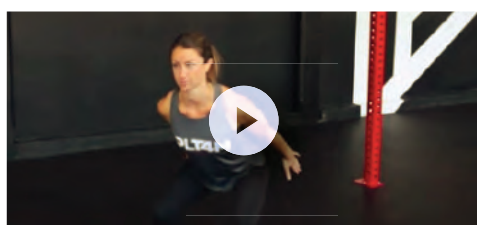
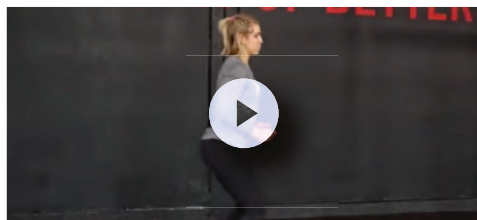
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LIFT 2 – Squat & Clean

Same basic deal as the first lift. We are focused on assessment of some accessory training domains, while getting back into the pure strength and power game.

Today, we have some high-velocity power work, followed by one major strength movement (the squat), then some DB accessory strength work. Be sure to read every note, understand your INTENT, and execute your lifts with attention to detail. Make the most of every rep. – LET'S GO!!!



5 Minutes for Warm Up

1). **Dynamic Warm Up: Hips** – 1 Minute of light cardio, then:

- Traveling Spiderman
- Hurdle Walk Forward
- Hurdle Walk Backward
- Crab Walks (each side)
- Duck Walks

2 Minutes for Jumps

2). **Snap Down to Vertical Jump**

- 6 Single Effort Reps, Increasing in Intensity – Rest and reset between reps.

Use the snap downs to dial in efficient (and safe!) jumping mechanics. Start super easy, and increase your intensity over the 6 reps.

15 Minutes for Cleans

3). **High Hang Power Clean**

- Rest a good 2 minutes between sets. Weight should be relatively LIGHT, but your effort should be INTENSE. We want to move that bar with explosiveness. Really focus on driving the movement with your hips, not your arms.

REPS:	NOTE:
3	50% * Clean
3	60% * Clean
3	65% * Clean
3	65% * Clean
3	65% * Clean

3 Minutes for Push Up Assessments

4). **Push Up Assessment**

- Warm up and then perform Max Reps in 1 Minute.

Record your results:

[Result:]

15 Minutes for Squat/Plank Superset

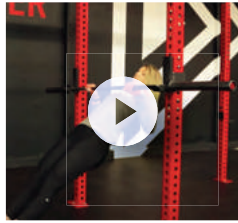
Same strength approach with our Squats today - we are intentionally keeping the loading LIGHT. We want absolutely FLAWLESS - and COMPLETE DEPTH/ROM movement.

5a). **Back Squat**

REPS:	WEIGHT:
5	50% * Squat
5	55% * Squat
5	60% * Squat
5	65% * Squat
5	70% * Squat

5b). **Single Leg Side Plank**

REPS:	WEIGHT:
1 each	:10 second hold
1 each	:10 second hold
1 each	:10 second hold



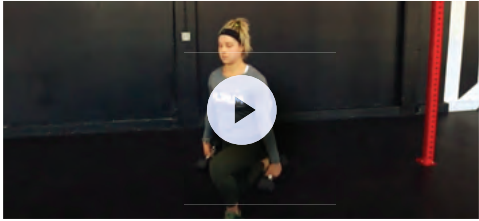
12 Minutes for Push/Pull/Lunge Superset

6a). Single Arm DB Bench

REPS:	WEIGHT:
8-10	20% * Bench
8-10	20% * Bench
8-10	20% * Bench

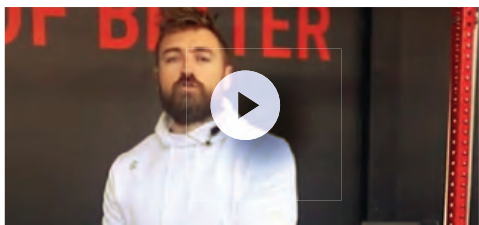
6b). Barbell Inverted Row

REPS:	WEIGHT:
8-10	Slow, Strict Pulls
8-10	Slow, Strict Pulls
8-10	Slow, Strict Pulls



6c). DB Back Lunges

REPS:	WEIGHT:
8-10	18% * Squat
8-10	18% * Squat
8-10	18% * Squat



7). 5 Minutes for Recovery

If time allows, get some proactive recovery done through a small cool-down session.

Couple minutes of super easy cardio (bike/elliptical is great), then some static stretching or foam rolling.

LIFT 3 – Bench & Deadlift

No more assessments this week, but we are adding a "Pillar" workout at the end. This is a "Finisher" that combines a couple of movements into something a bit more high intensity, to build consistent work capacity at lower loading and higher volume. It also gives us the opportunity to challenge and compete with ourselves.

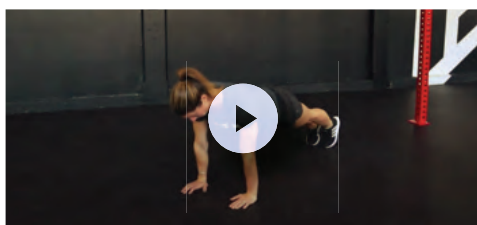
We are moving up in weights with our barbell movements as well, but we MUST keep movement as the priority...ALWAYS! – Let's Get To It!



5 Minutes for Warm Up

1). "Pre-Practice" Warm up

- Walking Lunge
- Single Leg RDLs
- Hurdle Walks
- Side Lunge
- Quad & Reach
- Toe/Heel Walk
- Circles Forward/Backward (switch halfway)
- High Knees
- Butt Kicks
- 75% Sprint 2x
- 85% Sprint 2x

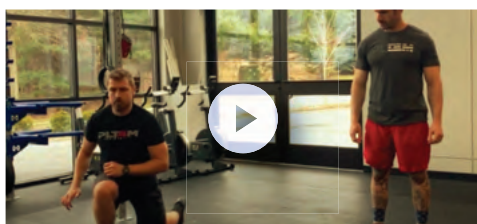


3 Minutes for Core/Activation

2). Push Up Plank

4 Rounds of:

- :20 second ACTIVE Hold – 10 second rest

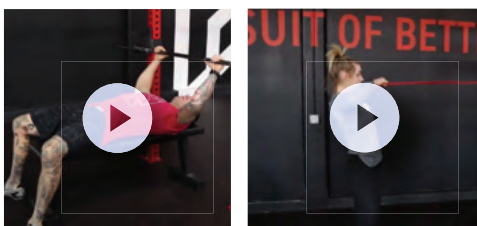


2 Minutes for Plyos

3). Lateral Tuck Jump to Split Squat Hold

- 10 Total Reps (5 each side)
- Single Efforts – Rest and reset between reps.

We are looking for a smooth combo of POWER and CONTROL, this time focused on a single leg landing – aka landing soft in a great lunge position (outside foot forward!)



15 Minutes for the Bench Press/Scrap Superset

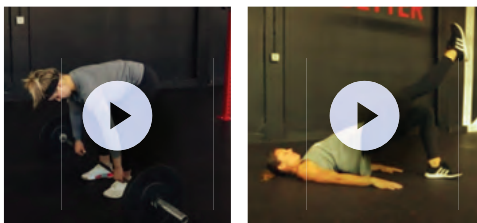
Here's the deal - this is meant to be only MODERATE loading. We are simply looking to climb up to 3 sets of 5 strong reps, nowhere near failure. Adjust weights as needed. Make your reps PERFECT.

4a). Bench Press

REPS:	WEIGHT:
8	55% * Bench
8	62% * Bench
5	73% * Bench
5	73% * Bench
5	73% * Bench

4b). Band Pull Aparts

3x8 slow, controlled, Full Range of Motion reps



15 Minutes for Deadlift/Bridge Superset

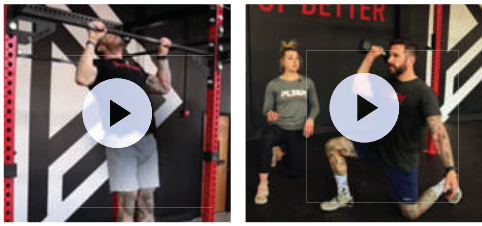
- Same approach with our Deadlift today - we want absolutely FLAWLESS movement. Weight should be moderate at most, adjust as needed for 3 final sets of 5 strong reps.

5a). Deadlift

REPS:	WEIGHT:
5	55% * Deadlift
5	62% * Deadlift
5	73% * Deadlift
5	73% * Deadlift
5	73% * Deadlift

5b). Single Leg Glute Bridge Hold

REPS:	WEIGHT:
1 each	:10 second hold
1 each	:10 second hold
1 each	:10 second hold



15 Minutes for Pull/Press/Split-Squat Superset

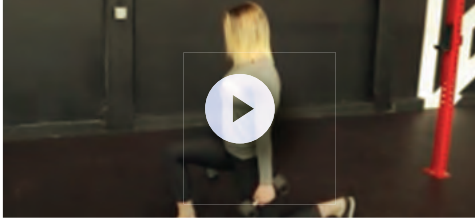
- Move slowly but steadily throughout the 3 movements. Rest for about 1:00 between rounds.

6a). Strict Pull Up

REPS:	WEIGHT:
4-6	Slow, Strict
4-6	Slow, Strict
4-6	Slow, Strict
4-6	Slow, Strict

6b). Kneeling Single Arm Press

REPS:	WEIGHT:
6-8 each	17% * Bench
6-8 each	17% * Bench
6-8 each	17% * Bench
6-8 each	17% * Bench



5 Minutes for Warm Up

6c). DB Split Squat

REPS:	WEIGHT:
6-8 each	19% * Squat
6-8 each	19% * Squat
6-8 each	19% * Squat
6-8 each	19% * Squat



10 Minutes for Finishers (+Set up & Warm Up)

7). Jungleland

For Time:

- 60 Jump Rope
- 30 Goblet Squats
- 60 Jump Rope
- 20 Goblet Squats
- 60 Jump Rope
- 10 Goblet Squats
- 60 Jump Rope

Suggested Weight for Goblet: 10% * Squat

Record your time:

[Result:]

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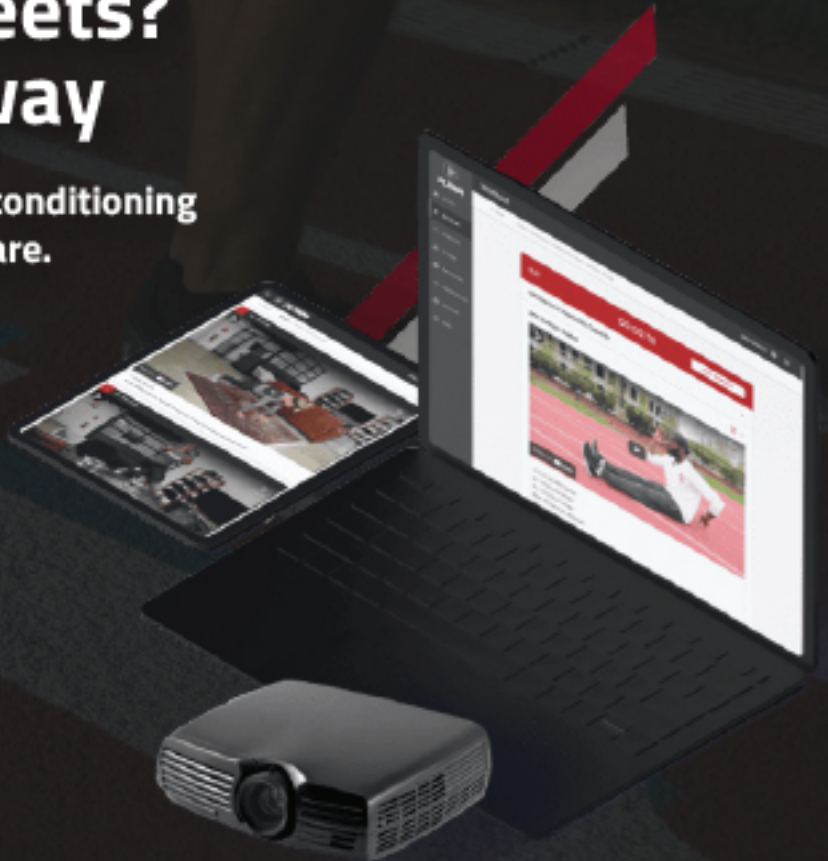
Weights personalized for each athlete



Tracking automated through the app



Progress and Activity Reports generated with ease

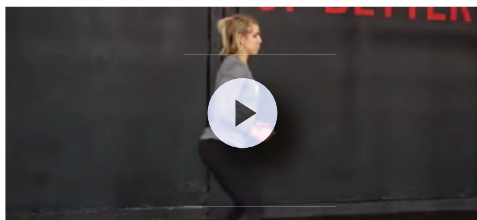


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LIFT 4 – Squat & Clean

Just like previously this week, we have dropped any assessment elements, and added a "Pillar" Finisher to our workout.

Remember, we are still setting a strong foundation for future heavy barbell work, don't get overeager and jump ahead by adding more weight. Our priority is quality movement. We want to hit the training goals as intended. So, be sure to read the notes, and attack each element the RIGHT WAY! – Let's get moving.



5 Minutes for Warm Up

1). Dynamic Warm Up: Hips

- Traveling Spiderman
- Hurdle Walk Forward
- Hurdle Walk Backward
- Crab Walks (each side)
- Duck Walks

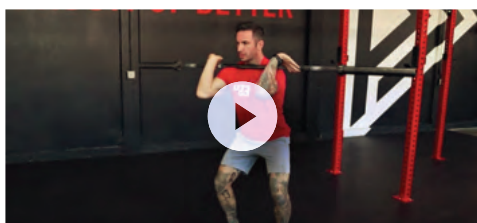


2 Minutes for Jumps

2). Broad Jumps

- 8 Single Effort Jumps, increasing in intensity – Rest and reset between reps.

YOUR TECHNIQUE MATTERS! Start super easy and climb your way up in intensity over the 6 reps, keeping everything in control.

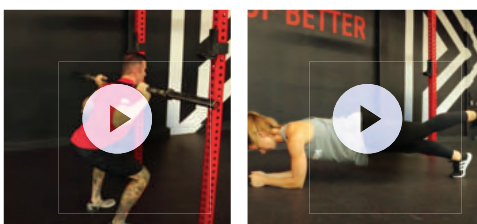


15 Minutes for Cleans

- Rest a good 2 minutes between sets.

3). High Hang Power Clean – Weights should be relatively LIGHT, but your effort should be INTENSE.

REPS:	WEIGHT:
3	55% * Clean
3	65% * Clean
3	70% * Clean
3	70% * Clean
5	70% * Clean



15 Minutes for Squat/Plank Superset

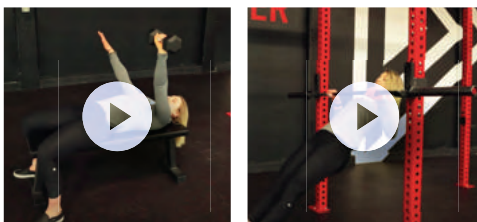
Today is meant to be only MODERATE loading. We are simply looking to climb up to 3 sets of 5 strong reps, nowhere near failure. Adjust weights as needed. Make your reps PERFECT. Don't worry, weights are going up every single week!

4a). Back Squat

REPS:	WEIGHT:
5	55% * Squat
5	62% * Squat
5	73% * Squat
5	73% * Squat
5	73% * Squat

4b). Single Leg Elbow Plank

REPS:	WEIGHT:
1 each leg	:15 second hold
1 each leg	:15 second hold
1 each leg	:15 second hold



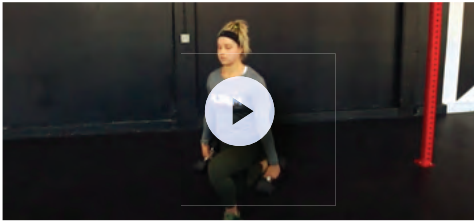
15 Minutes for Push/Pull/Lunge Superset

5a). Single Arm DB Bench

REPS:	WEIGHT:
6-8 each	24% * Bench
6-8 each	24% * Bench
6-8 each	24% * Bench
6-8 each	24% * Bench

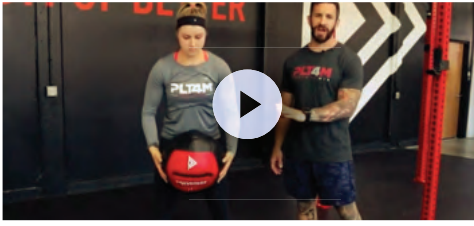
5b). Barbell Inverted Row

REPS:	WEIGHT:
7-10	Strict Pulls
7-10	Strict Pulls
7-10	Strict Pulls
7-10	Strict Pulls



5c). DB Back Lunges

REPS:	WEIGHT:
6-8 each	20% * Squat
6-8 each	20% * Squat
6-8 each	20% * Squat
6-8 each	20% * Squat



8 Minutes for Finisher (+ Warm Up, Set Up, etc.)

6). Cyclone

7 Rounds of:

- 7 MB Cleans
- 7 Hand-Release Push Ups

Suggested MB Weight:

8% * Clean

Record your time: [Result:]



5 Minutes for Recovery

7). Recovery

If time allows, get some proactive recovery done through a small cool-down session.

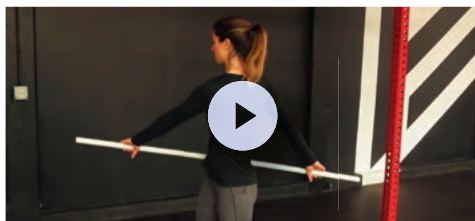
Couple minutes of super easy cardio (bike/elliptical is great), then some static stretching or foam rolling.

LIFT 5 – Bench & Deadlift

JOk, everyone, it's time to get underway with some strength, power, and capacity training!

While we are sure many of you are eager to move some big weights around, that will come as we progress over the coming weeks. These first few sessions are JUST ABOUT GETTING BACK INTO the true strength game. Make sure we read and follow instructions to the letter - understand the GOALS and INTENT of everything you do. Train SMART, and then hard. This week, err on the side of "easing in" rather than jumping into heavy weights.

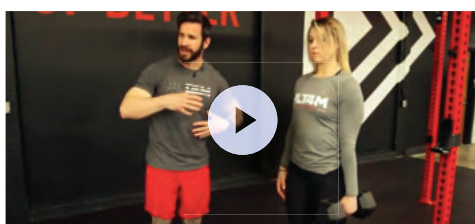
It's on YOU ALL to make this work. Take advantage of the opportunity and work with attention to detail!



5 Minutes for Warm Up

1). PVC Shoulder Warm Up

- PVC Shoulder Warm Up (Rotations, Pass Throughs, Around the Worlds)
- 10 Perfect Air Squats/Good Mornings/Push Ups

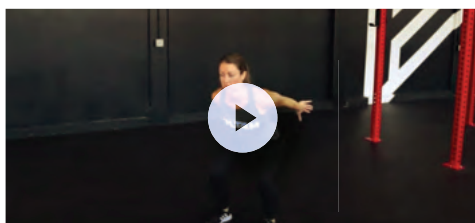


2 Mintues for Carries

2). Suitcase Carries

REPS: WEIGHT:
1 each side 40m
1 each side 40m

Do NOT rush, we are warming up the shoulders and core, it's not a race of any kind. Keep your spine neutral and your walk totally normal.

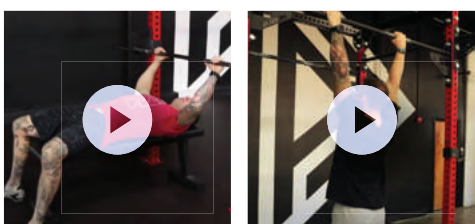


3 Minutes for Plyos

These are ALL about your control and positioning, they are not easy. We are looking for perfect single leg snaps and jumps to train your hamstrings and protect your knees on the field of competition. Challenge yourself to move SMOOTH - and don't neglect your landing at the other end!

3). Single Leg Snap Down into Lateral Jump

- 10 Total Reps, 5 each Leg – Rest and reset between each rep.



15 Minutes for the Bench Press/Scrap Superset

Introducing worksets today! We MUST REMEMBER, though, that all these are is a GUIDE. You can/should always adjust according to how you are feeling and the goal of the day. Rest FULLY between reps.

4a). Bench Press

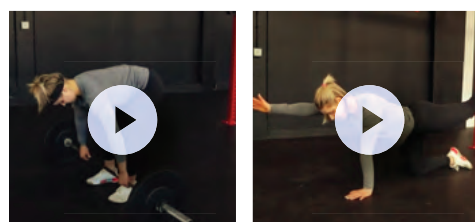
REPS: WEIGHT:
3 60% * Bench
3 65% * Bench
3 70% * Bench
5 78% * Bench
5 81% * Bench

4b). Scap Retractions

REPS: WEIGHT:
8 slow/controlled
8 slow/controlled
8 slow/controlled

Workset: Complete 5 rep at 85% * Bench

*If successful, adjust max up 5lbs for next week.



15 Minutes for Deadlift/Superdogs Superset

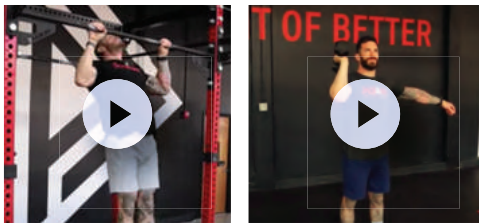
Same thing goes for the deadlift, we are looking for 3 heavy sets of 5...but that means we MUST hold ourselves accountable to great form. Rest FULLY between reps.

5a). Deadlift

REPS: WEIGHT:
3 50% * Deadlift
3 60% * Deadlift
3 70% * Deadlift
5 75% * Deadlift
5 77% * Deadlift
5 79% * Deadlift

5b). Super Dogs

REPS: WEIGHT:
3 each :03 second hold
3 each :03 second hold
3 each :03 second hold



15 Minutes for Pull/Press/Step-Up Superset

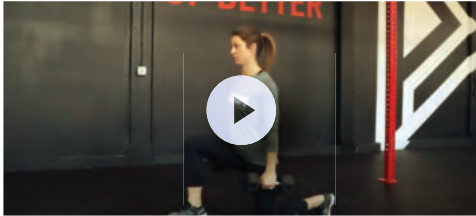
- Move slowly but steadily throughout the 3 movements. Rest for about 1:00 between rounds.

6a). Strict Pull Up

REPS:	WEIGHT:
5-7	Slow, Strict Pulls
5-7	Slow, Strict Pulls
5-7	Slow, Strict Pulls
5-7	Slow, Strict Pulls

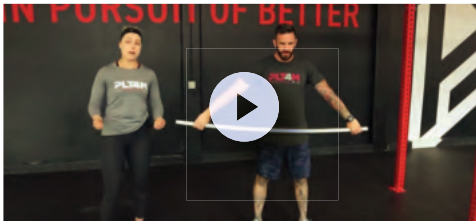
6b). Single Arm DB Strict Press

REPS:	WEIGHT:
6-8 Each	17% * Bench
6-8 Each	17% * Bench
6-8 Each	17% * Bench
6-8 Each	17% * Bench



6c). DB Split Squat – Front Foot Elevated

REPS:	WEIGHT:
4-6 each	23% * Squat
4-6 each	23% * Squat
4-6 each	23% * Squat
4-6 each	23% * Squat



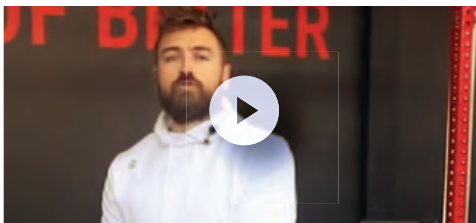
10 Minutes for Finisher

7). Roof on Fire

- AMRAP 8
- 1:00 Max Rep w/ JR
- 30 PVC OH Squats

The goal is to complete as many reps with the rope as possible in 8 minutes. BUT, you can only work for a minute at a time. After each minute of work, you must complete 30 OHS before getting back to the rope.

Record your total JUMP ROPE Reps!
[Result:]



5 Minutes for Recovery

8). Recovery

If time allows, get some proactive recovery done through a small cool-down session.

Couple minutes of super easy cardio (bike/elliptical is great), then some static stretching or foam rolling.

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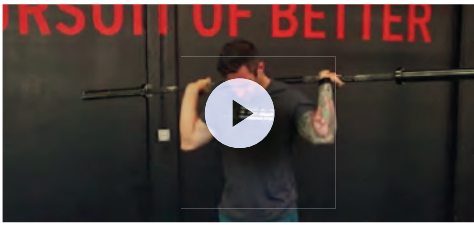
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LIFT 6 – Squat & Clean

We should really know the drill by now - it's about HOW you attack every exercise, not how much you sweat or strain.

We'll start with some power work, plyos and hang cleans. Notice that we are changing the start position of our cleans. Let's take the time to master this element of technique ("Finding the Hang"), it will pay real dividends later on in our training. Then, we are hitting some heavy squat work. Please realize, our 5-Rep Workset does NOT mean "5 reps or failure". Instead, it means, how many great reps can you do at the prescribed weight? If the first two felt great, and the 3rd was shaky...stop there! Just record 3 reps. If you can hit all 5 with FULL depth and complete control, then by all means do so!

As always we will hit some accessory DB work for a 3-Part Strength Superset. Then, we cap the day with a fast and furious Finisher. – Let's really make every rep count today!



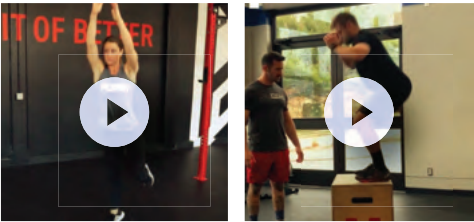
5 Minutes for Warm Up

1). BB Posterior Chain Warm Up Complex

- Begin with 20 Seconds on each side of: Pigeon Pose & Calf Stretch
Then, get in 2 minutes of continuous light aerobic activity (jog/bike/etc):

Lastly, perform (with empty bar or PVC) our Posterior Chain Complex, 5 reps each of:

- Good Mornings
- Elbow Rotations
- Back Squat
- Strict Press
- RDL



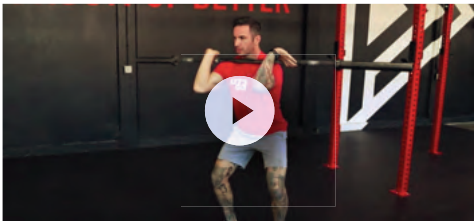
5 Minutes for Plyos

2a). Single Leg Snap Down into Vertical Jump

- 5x2 Single Effort Reps (1 each Leg)
"Light" - aka control and coordination, not intensity.

2b). Box Jumps

- 5x2 Max Effort Singles
Reset between reps.

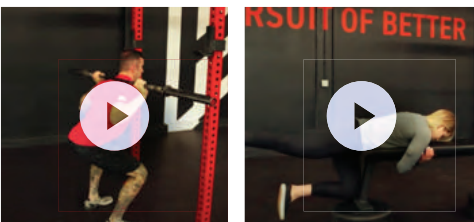


15 Minutes for Cleans

3). High Hang Power Cleans

REPS:	WEIGHT:
5	Empty Bar
5	50% * Clean
3	67% * Clean
3	72% * Clean
5	77% * Clean

Workset: Complete 3 rep at 80% * Clean. If you hit 3 quality reps, move you max up for next week.



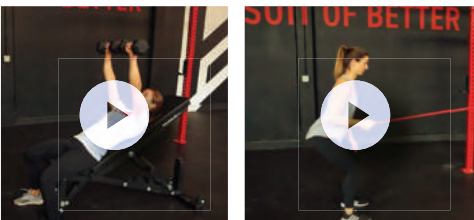
15 Minutes for Squat/Plank Superset

4a). Back Squat

REPS:	WEIGHT:
3	50% * Squat
3	60% * Squat
3	70% * Squat
5	77% * Squat
5	81% * Squat

4b). Alt. Bench Glute Kickbacks

- 3x10 Slow Reps (5 each side, alternating)



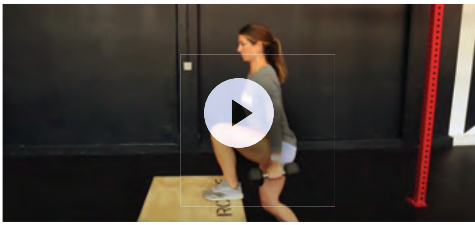
15 Minutes for Push/Pull/Step-Up Superset

5a). DB Incline

REPS:	WEIGHT:
8-10	22% * Bench
8-10	22% * Bench
8-10	22% * Bench
8-10	22% * Bench

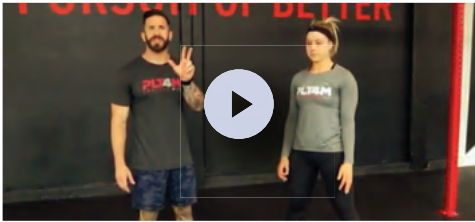
5b). Single Arm Banded Row

REPS:	WEIGHT:
8-10 each	Slow & Strict
8-10 each	Slow & Strict
8-10 each	Slow & Strict
8-10 each	Slow & Strict



5c). DB Step Ups

REPS: WEIGHT:
6-8 each 20% * Squat
6-8 each 20% * Squat
6-8 each 20% * Squat
6-8 each 20% * Squat



8 Minutes for Finisher

6). Freddy Kruger

21-15-9:

- Kettlebell Swings (Russian or American)
- Burpees

Suggested Weight: 18% * Clean

Perform 21 swings, followed by 21 burpees, then 15 and 15, then 9 and 9.
Finish as quickly as you can.

Record your time:

[Result:]



5 Minutes for Recovery

7). Recovery

If time allows, get some proactive recovery done through a small cool-down session.

Couple minutes of super easy cardio (bike/elliptical is great), then some static stretching or foam rolling.



SPEED & AGILITY PROGRAM



INTRODUCTION

What follows is an excerpt from the PLT4M speed program. This program is aimed at developing an athlete's speed and change of direction ability.

Over the course of 24 total sessions (6 in this guide), two major training cycles will be employed, with pre-, mid-, and post-assessment of all the relevant performance markers listed below.

In each 12-session cycle, a major emphasis is placed on building pure speed through the combination of acceleration work, max velocity training, and true sprinting. Simultaneously, we hone our running mechanics for maximally efficient movement, grow our stride rate of force production, or "Power", and develop our ability to break through deceleration/force absorption.

Lastly, we will put it all together through intentional, closed-chain change of direction drills designed to improve coordination and movement economy through athletic patterns.

Workout Format

Each training session contains a brief guided warm up, running technique or acceleration/ deceleration power development work, followed by intentional speed training (acceleration/top speed/full sprinting), and concluded with change of direction drills.

Audience

Grades 9 – 12 – Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.

Suggested for athletes who have had an education of both movement and strength training. The program will intentionally progress even for athletes without extensive training background, but to maximize results, it is suggested that athletes have recent training experience and an understanding of movement prior to beginning.

Assessments

- Speed
- Acceleration: 20yd Dash
- Top Speed: 40yd Dash
- Change of Direction (Quickness): Pro Agility
- Change of Direction (Curvilinear Running): T-Drill

Quickness

- Pro-Agility, or 5-10-5
- Curvilinear Running
- T-Drill (sprint variation)

Each of our assessments could easily be replaced by *WHICHEVER* metric you prefer to track with regards to speed. For example, if you have timing mechanisms, flying 10s are a great option for top speed. All it requires is a quick edit of the program!

WORKOUT BRIEF – SESSION 1

Alright everyone, it's time to kick off our speed training!

Every athlete wants to get faster. BUT, very few approach the pursuit of speed with the right knowledge or mindset. Speed work is NOT CONDITIONING. You should think of it more like weightlifting. We are operating at intensities close to or at our maximal ability, like lifting a heavy % in the back squat. That means a few things:

Form, technique, and control are hugely important. You can only maximize your output if you move with INTENT. It does not take many reps to yield gains Each rep MUST be done while relative FRESH. Just like lifting, we need appropriate rest times. You can only operate at 100% if you are fully recovered from the previous set or rep. Being tired, or fatigued, is NOT THE GOAL!

As with everything else, we are best served by reading all instructions, paying attention closely to coaching points and position/technique, and working with total intent. Make the most of your reps.

Speaking of, we are also testing speed and change of direction today!

But, here is the deal - we absolutely must understand the point of testing, and how to do so appropriately. This is only meant to give us a loose gauge for where we are at, it's no be-all, end-all during which we need to chase numbers. This time around, especially, since we have NOT been actively training speed. We need to ease into it. Our assessments are "SOFT," meaning they are not tests that we can pass or fail, they are just an opportunity to get a baseline set of data. Don't overreach and risk strains or muscle tweaks. Approach each element EXACTLY as intended.

Remember, outside of running track, a sprint time is just a simple data point, and holds very little true "value" on it's own. It's a piece of the larger puzzle, so let's not get over-obsessed with our times in one direction or another.

Ok, plenty to get done today, so let's go!

Warm Up: 1). Speed Prep Dynamic Warm Up



5 Minutes for Warm Up: Perform each of the following for 10 yards:

- A-Skip Forward
- A-Skip Backward
- Froggy Forward
- Froggy Backward
- Skip & Clap
- Power Skips
- Ankling
- Runner's Butt Kicks
- Side Slides
- Karaoke + Knee Punch

Technique Work: 2a). Arm Swings Seated



5 Minutes for Technique Work: Perform each of the following for 10 yards:

3 Rounds of:

- :15 Seated Arm Swings (Easy, Medium, Hard)
- 10yd Marching Steps
- :30 Rest

For arm swings, let's begin nice and easy with smooth, slow reps for 15 seconds. Focus on a relaxed hand, a relatively stationary elbow, and a smooth swing about the shoulder. In each of the next two rounds, increase your speed and intensity a bit, but only so long as you can maintain control.

[SEE NEXT PAGE >](#)

Technique Work: 2b). Marching Steps



10 Slow, Controlled Yards Per Round:

Now we shift our focus to everything below the hips. The goal, here, is to solidify proper knee drive and FOOT STRIKE. Your foot should make contact with the ground below your hips, and should hit the mid-to-forefoot, with the heel just kissing the ground.

This is about mechanics - don't rush! Do it right and you will teach more body how to run faster by being more efficient.

Acceleration Work: 3). Sprints: Standing Start



6 Minutes for Acceleration Work:

Warm Up:

- 2x 10yd starts @ 75%
- Rest as needed between reps

Working Reps:

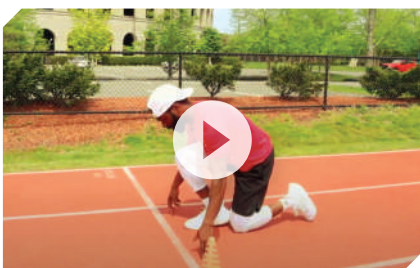
- 2x 10yd starts @ 85%
- 1x 20yd start @ 85%
- Rest for a full minute between reps

OK - our focus here is on ACCELERATION. That means attention must be paid to our intensity, effort, and control. This is NOT conditioning in any way. We want to dial in that "0-to-60" ability in our running.

So, we set up well at the line, explode out with dynamic control (knee drive, torso lean, foot strike, etc), pushing hard through the 10yd mark, then coasting SLOWLY to come to a stop.

The key is in making the MOST OF EVERY REP, however "small" it may seem.

Acceleration Work: 4). 20-Yard Dash



4 Minutes for Acceleration Assessment:

Warm Up:

- 2x 10yd Starts @ 75%
- Rest as needed between reps

Working Reps:

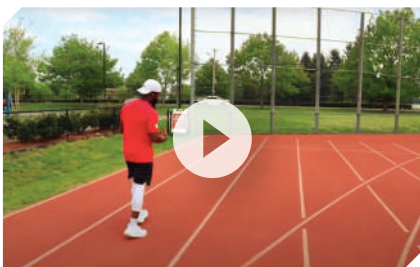
- 2x 10yd Starts @ 85%
- 1x 20yd Start @ 85%
- Rest for a full minute between reps

OK - our focus here is on ACCELERATION. That means attention must be paid to our intensity, effort, and control. This is NOT conditioning in any way. We want to dial in that "0-to-60" ability in our running.

So, we set up well at the line, explode out with dynamic control (knee drive, torso lean, foot strike, etc), pushing hard through the 10yd mark, then coasting SLOWLY to come to a stop.

The key is in making the MOST OF EVERY REP, however "small" it may seem.

Velocity Work: 5). Flying Sprints



5 Minutes for Velocity

Working Reps:

- 4x 10yd Flies @ 85%
- Minimum 1:00 rest between reps

Now we work another side of the speed game - your TOP SPEED, or "Maximum Velocity."

We do this by using a lead-in distance to build up speed before carrying that top speed for a given distance, this time just 10 yards, hence the "Flying 10" name.

Start 10 yards from your define sprint window, build up speed and hit your target velocity (just 85% today) for the entire 10 yards before coasting to cool down slowly.

Think of that 10 yard window as an opportunity to be moving at your best, top speed run of the day. Powerful arm action, knee drive, foot strike and torso lean. Really dial in that sprint shape!

Assessment: 6). Pro-Agility Drill



5 Minutes for Quickness/Change of Direction Assessment:

Warm Up:

- 2 Reps: 1 Right, 1 Left
- Rest as needed between reps

Working Reps:

- 3 Attempts
- Rest for 1:00 between reps

To wrap up our day, we will hit another soft assessment - this time in a drill that represents quickness and change of direction skill/efficiency.

The key here is not selling out in "speed" or exertion, but rather, focusing on your efficiency of movement. Watch the video to best understand the approach, then give it a shot!

Again, we will be entering the MIDDLE time of our 3 attempts below.

Remember, this only serves as a baseline to compare back to down the road!

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WORKOUT BRIEF – SESSION 2

Just as with our previous session, we are just getting rolling with our true speed training.

Let's ease in properly.

Use this session to focus on movement mechanics, the intent of our drills, and the maximization of our output on each rep. We will also be softly assessing a couple more performance metrics. Remember, it's really NOT about achieving a great score, today. It is just about establishing some data for future comparison, while staying healthy and taking the first steps towards improved speed and change of direction ability.

Do it all the "right" way!

Warm Up: 1). Pre-Practice Dynamic Warm Up



5 Minutes for Warm Up:

:30 Light Jog/Cardio

- Walking Lunge
- Single Leg RDL's
- Hurdle Walks (Forward, Backwards Switch Halfway)
- Side Lunge
- Quad & Reach

Then 10yds of Each:

- Toe/Heel Walk Shoulder Circles (Forward, Backwards Switch Halfway)
- High Knees
- Butt Kicks
- 75% Sprints 2x
- 85% Sprints 2x

Power Work:

2). Wall Lean High Knee Drives: Singles



3 Minutes for Power Work

- 12 Singles (each leg, alternating)
- Rest & reset between reps

We are working explosive power CREATION, here. You should think of these more like a plyometric (jumping reps) than any sort of conditioning.

Today we hit "single reps" - this means we set up against the wall (or whatever surface is available, like a fence) with good torso lean and strong core engagement/neutral spine.

We bring one leg up to that high knee "drive" position. We then SNAP that drive leg down, striking the ground right next to the off leg, hitting with the mid-to-forefoot. At the same time, the off leg snaps UP to that high knee position. We are effectively just switching leg positions with as much speed and control as possible. Take the time to make each rep AWESOME. Rest and reset as needed. – DON'T RUSH!

Deceleration Work: 3a). Lean, Fall, & Lunge



17 Minutes for Deceleration Work:

4 Rounds of:

- 4 Lean Fall Lunges (2 each)
- 4 Shuffle-Stop (2 each direction)
- :40 Rest

Working our ability to "break" - aka decelerate. We'll start super simply. These drills should be about your control and body position, not speed or intensity. For our LFLs, focus on slowing your fall by dropping into a good lunge position, torso and front shin inclined in the direction of the fall. Absorb your momentum with that front leg like a shock absorber on a car or bike. Hold for a second at the bottom before resetting for the next rep.

Deceleration Work: 3b). Shuffle-Stop



7 Minutes for Deceleration Work:

- 4 Shuffle-Stops Per Round 2 Each Side (5yd shuffle & stop on each rep)

This may seem simple, but lateral movement, and lateral breaking is harder than it seems. Let's start super slow and work our positioning. Our focus should be on that absorption of lateral momentum on the lead leg and re-establishment of a neutral center of gravity...think about almost rocking smoothly back to a good athletic position upon stopping.

Speed Work: 4). Sprints: Standing Starts



6 Minutes for Speed Work:

Warm Up:

- 1x 10yd Starts @ 75%
- 1x 20yd Start @ 75%
- Rest for 1:00 between reps

Working Reps:

- 1x 10yd @ 85%
- 1x 20yd @ 85% (Rest :20)
- 1x 30yd @ 85% (Rest :40)
- 1x 40yd @85% (Rest 1:00)

OK - our focus here is on ACCELERATION into TOP SPEED. That means attention must be paid to our intensity, effort, and control. The goal is to achieve your top speed on any given rep, for AS MUCH OF THE DISTANCE AS POSSIBLE. This is NOT conditioning in any way. Rest appropriately.

So, we set up well at the line, explode out with dynamic control (knee drive, torso lean, foot strike, etc), pushing to top speed as quickly as we can, holding that through the given distance, then coasting SLOWLY to come to a stop.

The key is in making the MOST OF EVERY REP, however "small" it may seem.

Assessment: 5). 40-Yard Dash



4 Minutes For Speed Assessment:

40-Yard Dash Assessment – 3 Attempts

We will now SOFTLY assess our "top speed" ability by recording a 40yd Dash time. Please understand, this is only to serve as a baseline for future comparison. We do NOT need to sell out in hopes of an impressive time. Rather, we want to move well, avoid any strains or tweaks, and simply find a jumping off point for our training data.

Here's the deal - you get 3 Attempts (and 3 only!). All 3 sprints should be timed by a partner with a stopwatch/cell-phone...or by your coach with whatever technology you may have at your disposal.

Timer stands at the 40 Yard Mark.

Timer presses start ON THE FIRST MOVEMENT OF SPRINTER

Timer presses stop AS RUNNER CROSSES 40 YARD LINE.

Record, write down, or screenshot the time of each attempt. After all 3 sprints - you will LOG YOUR MIDDLE TIME. Not the fastest, not the slowest, but the MIDDLE. *Please understand, hand-timed sprints are always "unofficial" compared to laser-timed reps, and are often "faster"

Assessment: 6). T-Drill



5 Minutes For Change of Direction Assessment:

Warm Up:

- 2 Reps (1 Left, 1 Right)
- Rest As Needed Between Reps

Working Reps:

- 3 Attempts Athlete (Athletes Choice On First Turn Direction)
- 1x 20yd at 85% (Rest
- 1x 40yd at 85% (Rest 1:00)

To wrap up our day, we will hit another soft assessment - this time in a drill that represents our change of direction ability in "non-linear" running (curved line running).

The key here is not selling out in "speed" or exertion, but rather, focusing on your efficiency of movement. Watch the video to best understand the approach, then give it a shot! Again, we will be entering the MIDDLE time of our 3 attempts below. Remember, this only serves as a baseline to compare back to down the road!

WORKOUT BRIEF – SESSION 3

Alright folks – assessments are behind us, and so it is time to make a real concerted effort in the pursuit of SPEED!

Today we will follow/extend our dynamic warm up with some more technique drills. You should really take the time to do these the right way, with an attention to detail and proper execution. You will only reap the benefit of such work if you utilize serious INTENT.

Then, we hit more "acceleration" training through just a handful of 10yd "Sprint Starts". These may seem small, but they can be hugely effective if you make the most of every rep. That means absolute effort and intent on every single sprint...which also means appropriate rest. Think of these more like box jumps than conditioning. We are looking to exert all of our effort at the highest level possible, in short window of distance/time.

We will transition from there directly into max velocity training with our flying sprints. These are all about utilizing the small 10yd window to operate at 100% top speed, complete with mid-sprint posture and technique. Here, too, we must abide by proper work-to-rest ratios. We do NOT want to operate while fatigued, it limits our gains. Again, we can think of it like lifting heavy, not like conditioning during practice.

We'll wrap things up with some change of direction drills. Again, these probably seem small and "easy" – but they are NOT meant to be super tiring. It is about learning and improving your body control and the efficiency of your movement. Slow is smooth, smooth is fast!

Warm Up: 1). Speed Prep Dynamic Warm Up



5 Minutes for Warm Up: Perform each of the following for 10 yards:

- A- Skip Forward
- A-Skip Backward
- Froggy Forward
- Froggy Backward
- Skip & Clap
- Power Skips
- Ankling
- Runner's Butt Kicks
- Side Slides
- Karaoke + Knee Punch

Technique Work: 2a). Arm Swing: Lunge



5 Minutes for Technique Work:

3 Rounds of:

- 15 Kneeling Arm Swings (Easy, Medium, Hard)
- 10yd Marching Steps
- :30 Rest

For arm swings, let's begin nice and easy with smooth, slow reps for 15 seconds. Focus on a relaxed hand, a relatively stationary elbow, and a smooth swing about the shoulder. In each of the next two rounds, increase your speed and intensity a bit, but only so long as you can maintain control.

Technique Work:

2b). Standing High Knee Punch



10 Single Reps Per Round (5 each leg)

Again we are now focusing more on what is happening below the hips. The goal, here, is to solidify proper knee drive and FOOT STRIKE – focusing on speed/velocity per rep. Your foot should make contact with the ground below your hips, and should hit the mid-to-forefoot, with the heel just kissing the ground.

This is about mechanics – don't rush! Do it right and you will teach more body how to run faster by being more efficient.

Acceleration Work: 3). Sprints: Lateral Start



5 Minutes for Acceleration Work

- 8x 10yd Flys @ 95% speed
- Minimum 1:00 rest between reps

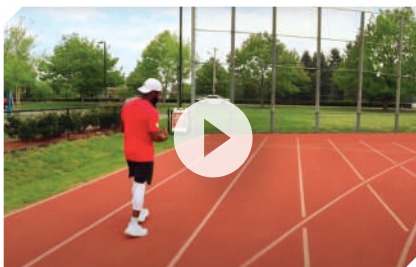
Now we work another side of the speed game - your TOP SPEED, or "Maximum Velocity."

We do this by using a lead-in distance to build up speed before carrying that top speed for a given distance, this time just 10 yards, hence the "Flying 10" name.

Start 10-15 yards from your define sprint window (or whatever distance you need), build up speed and hit your target velocity (95% today - just under ALL OUT speed) for the entire 10 yards working window before coasting to cool down slowly.

Think of that 10 yard window as an opportunity to be moving at your best, top speed run of the day. Powerful arm action, knee drive, foot strike and torso lean. Really dial in that sprint shape!

Velocity Work: 4). Flying Sprints



10 Minutes for Velocity Work

- 8x 10yrd Flys @ 95% speed
- Minimum 1:00 rest between reps

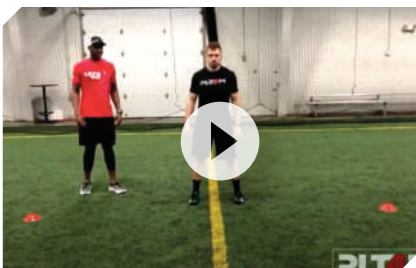
Now we work another side of the speed game - your TOP SPEED, or "Maximum Velocity."

We do this by using a lead-in distance to build up speed before carrying that top speed for a given distance, this time just 10 yards, hence the "Flying 10" name.

Start 10-15 yards from your define sprint window (or whatever distance you need), build up speed and hit your target velocity (95% today - just under ALL OUT speed) for the entire 10 yards working window before coasting to cool down slowly.

Think of that 10 yard window as an opportunity to be moving at your best, top speed run of the day. Powerful arm action, knee drive, foot strike and torso lean. Really dial in that sprint shape!

Technique Work: 5a). Side to Side Shuffle



5 Minutes for Technique Work:

3 Rounds of:

- 6 Side to Side Shuffles (3 each side, continuous)
- 10yd of a Shuffle Weave
- 1:00 rest

We'll wrap the day up with some change of direction drills, focused on our lateral, or side to side movement.

Now remember, this is NOT conditioning. We are actively trying to improve our MOVEMENT. That means we want to slow things down and work with control and INTENT!

Technique Work: 5b). Shuffle Wave



10 Yards Per Round

We are now simply taking that side to side shuffle and combining it with some forward movement. Let's gain ground as we move back and forth. This is STILL about control and mechanics, not speed or conditioning.

WORKOUT BRIEF – SESSION 4

More speed training coming your way!

Today, after warming up we will hit some targeted power development and deceleration work. Think of it like specific "stop/start" training in a closed environment. We are learning how to turn the engine on and exert as much force as possible all at once (namely in our leg drive) and learning how to stop ourselves safely and efficiently. Everyone thinks top speed is most important, but athletics is about CONSTANT CHANGE. So, let's work on our ability to stop and start in a controlled manner for maximum efficiency.

Then we will hit some longer "dashes" for a combination of acceleration and max velocity training. As with everything else, these should be thought of like individual races with yourself. Put everything you have into each rep, and rest well so that each run yields the benefit we are chasing. Just like heavy weightlifting.

Lastly we hit some more change of direction control work. This time we focus on simple forward and backward movement, putting the pieces together for compound transitions. Focus on your control and coordination, NOT the speed with which you complete the drill!

Get to it.

Warm Up: 1). Pre-Practice Dynamic Warm Up



5 Minutes for Warm Up:

:30 Light Jog/Cardio, Then 10yds of Each:

- Walking Lunge
- Single Leg RDL's
- Hurdle Walks (Forward, Backwards Switch Halfway)
- Side Lunge
- Quad & Reach
- Toe/Heel Walk Shoulder Circles (Forward, Backwards Switch Halfway)
- High Knees
- Butt Kicks
- 75% Sprints 2x
- 85% Sprints 2x

Power Work:

2). Wall Lean High Knees Doubles



5 Minutes for Power Work:

- :15 Seconds Kneeling Arm Swings (Easy, Medium, Hard)
- Rest & Reset Between Reps

We are working explosive power CREATION, here. You should think of these more like a plyometric (jumping reps) than any sort of conditioning.

Today we hit "double reps" - this means we set up against the wall (or whatever surface is available,

like a fence) with good torso lean and strong core engagement/neutral spine.

We bring one leg up to that high knee "drive" position. We then SNAP that drive leg down, striking the ground right next to the off leg, hitting with the mid-to-fore foot. At the same time, the off leg snaps UP

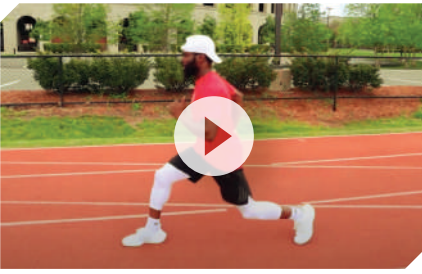
to that high knee position. Without stopping, we repeat the movement with the opposite leg such that we end up back in our original starting position.

Take the time to make each rep AWESOME. Rest and reset as needed.

DON'T RUSH!

Deceleration Work:

3a). High Knee Lunge Stop



17 Minutes for Deceleration Work:

4 Rounds of:

- 4 High Knee, Lean Fall Lunges (2 each)
- 4 Shuffle-Stop (2 each direction)
- :40 Rest

Working our ability to "break" - aka decelerate. We'll start super simply. These drills should be about your control and body position, not speed or intensity. For this version of our LFLs, we add some light movement before the break with a stationary high knee jog. After a few "strides" we fall forward into that good lunge position, torso and front shin inclined in the direction of the fall. Absorb your momentum with that front leg like a shock absorber on a car or bike. Hold for a second at the bottom before resetting for the next rep.

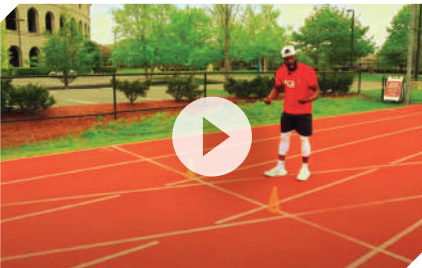
Deceleration Work: 3b). Shuffle-Stop



4 Shuffle-Stops Per Round, 2 each side (5 yard shuffle & stop on each rep)

This may seem simple, but lateral movement, and lateral breaking is harder than it seems. Let's start super slow and work our positioning. Our focus should be on that absorption of lateral momentum on the lead leg and re-establishment of a neutral center of gravity...think about almost rocking smoothly back to a good athletic position upon stopping.

Speed Work: 4). Sprints: Standing Starts



10 Minutes for Speed Work

Warm Up:

- 1x 10yd @ 75%
- 1x 20yd @ 85%
- Rest as needed

Working Reps:

- 4x 20 @ 95% (Rest :45)
- 2x 30 @ 95% (Rest 1:00)

OK - our focus here is on ACCELERATION into TOP SPEED. That means attention must be paid to our intensity, effort, and control. The goal is to achieve your top speed on any given rep, for AS MUCH OF THE DISTANCE AS POSSIBLE. This is NOT conditioning in any way. Rest appropriately.

So, we set up well at the line, explode out with dynamic control (knee drive, torso lean, foot strike, etc), pushing to top speed as quickly as we can, holding that through the given distance, then coasting SLOWLY to come to a stop.

The key is in making the MOST OF EVERY REP, however "small" it may seem.

Change of Direction Work:

5a). Backpedal To Sprint



5 Minutes for Change of Direction Work:

Backpedal To Sprint:

- 1 Rep Warm Up (50%)
- 3 Reps Working (75-85%)

Sprint-Backpedal-Sprint

- 1 Rep Warm Up (50%)
- 3 Reps Working (75-85%)

Now we work the ability to change correction linearly, aka backward and forward.

First we hit a drill that focuses solely on our ability to transition from backward movement to forward. We should pay attention to our technique and body control, here. It's not about the speed of either the backpedal or sprint, rather the ability to transition between the two EFFICIENTLY.

Remember, slow is smooth, smooth is fast!

Change of Direction Work:

5b). Sprint-Backpedal-Sprint



Sprint-Backpedal-Sprint:

- 1 Rep Warm Up (50%)
- 1 Rep Warm Up (75-85%)

Now we add another layer by beginning forward, transitioning twice. Everything else is the same - our focus is on those changes of direction, not our top speeds!

WORKOUT BRIEF – SESSION 5

Ok, everyone, we should probably know the drill by now.

Today we warm up, perform more technique work, then hit acceleration and top speed training before finishing up with change of direction drills. The key is paying attention to INTENT. Read your notes, execute the drill as intended - proper work to rest, proper intensity levels, and proper focus on every rep.

Make your reps work for you!

Warm Up: 1). Speed Prep Dynamic Warm Up



5 Minutes for Warm Up: Perform each of the following for 10 yards:

- A- Skip Forward
- A-Skip Backward
- Froggy Forward
- Froggy Backward
- Skip & Clap
- Power Skips
- Ankling
- Runner's Butt Kicks
- Side Slides
- Karaoke + Knee Punch

Technique Work: 2a). Arm Swing: Staggered



5 Minutes for Technique Work:

3 Rounds of:

- :15 Staggered Stance Arm Swings (Easy, Medium, Hard)
- 10 Yard Marching Steps
- :30 Rest

For arm swings, let's begin nice and easy with smooth, slow reps for 15 seconds. Focus on a relaxed hand, a relatively stationary elbow, and a smooth swing about the shoulder. In each of the next two rounds, increase your speed and intensity a bit, but only so long as you can maintain control.

Technique Work:

2b). Single Leg High Knee March



10 Yard March Per Round (5 each leg)

We are now combining our continuous march with the emphasis of a single leg drive and strike. The goal, here, is to solidify proper knee drive and FOOT STRIKE - focusing on speed/velocity per rep. Your foot should make contact with the ground below your hips, and should hit the mid-to-forefoot, with the heel just kissing the ground.

Acceleration Work:

3). Sprints: Falling Start



7 Minutes for Acceleration Work)

Warm Up:

- 2x 10yd starts @ 85%
- Rest as needed between reps

Working Reps:

- 6x 10yd starts @ 100%
- Rest for 1:00 between reps

OK - our focus here is on ACCELERATION, this time utilizing a falling start. That means attention must be paid to our intensity, effort, and control. This is NOT conditioning in any way. We want to dial in that "0-to-60" ability in our running.

So, we set up well at the line, explode out with dynamic control (knee drive, torso lean, foot strike, etc), pushing hard through the 10yd mark, then coasting SLOWLY to come to a stop.

The key is in making the MOST OF EVERY REP, however "small" it may seem.

Velocity Work: 4). Flying Sprints



5 Minutes for Velocity

Working Reps:

- 4x 10yd Flys @ 85%
- Minimum 1:00 rest between reps

Now we work another side of the speed game - your TOP SPEED, or "Maximum Velocity."

We do this by using a lead-in distance to build up speed before carrying that top speed for a given distance, this time just 10 yards, hence the "Flying 10" name.

Start 10 yards from your define sprint window, build up speed and hit your target velocity (just 85% today) for the entire 10 yards before coasting to cool down slowly.

Think of that 10 yard window as an opportunity to be moving at your best, top speed run of the day. Powerful arm action, knee drive, foot strike and torso lean. Really dial in that sprint shape!

Change of Direction Work:

5a). Shuffle-Stop Sprints



5 Minutes for Change of Direction Work

3 Rounds of:

- 4 Shuffle-Stop-Sprint (2 each side)
- 4 Shuffle-Sprint-Sprint (2 each side)
- 1:00 rest

We'll wrap the day up with some change of direction drills, focused on our lateral, or side to side movement.

Now remember, this is NOT conditioning. We are actively trying to improve our MOVEMENT. That means we want to slow things down and work with control and INTENT!

Change of Direction Work:

5a). Shuffle-Sprint Sprint



4 Reps Per Round (2 each side)

We are now simply taking that same shuffle/sprint combo and adding another layer with a second transition. We want to focus on excellent deceleration and change of direction at each transition point. Remember, this is NOT ABOUT THE "SPRINT" portion of the drill, it is about the change of directions!

WORKOUT BRIEF – SESSION 6

Another day of speed!

Warm up, followed by power and deceleration drilling, then our true speed reps and wrapping with change of direction. Be sure not to rush through anything, utilize every rep the way it is intended. Remember, this isn't conditioning...it's SPEED TRAINING!

Warm Up: 1). Pre-Practice Dynamic Warm Up



5 Minutes for Warm Up:

:30 Light Jog/Cardio:

- Walking Lunge
- Single Leg RDL's
- Hurdle Walks (Forward, Backwards Switch Halfway)
- Side Lunge
- Quad & Reach

Then 10yds of Each:

- Toe/Heel Walk Shoulder Circles (Forward, Backwards Switch Halfway)
- High Knees
- Butt Kicks
- 75% Sprints 2x
- 85% Sprints 2x

Power Work:

2). Wall Lean High Knees Triples



3 Minutes for Power Work:

- 6 Triples (3 each leg)
- Rest & reset between reps

We are working explosive power CREATION, here. You should think of these more like a plyometric (jumping reps) than any sort of conditioning.

Today we hit triples, think "1-2-3" or per rep. For example, right-left-right.

Set up against the wall (or whatever surface is available, like a fence) with good torso lean and strong core engagement/neutral spine.

We bring one leg up to that high knee "drive" position. We then SNAP that drive leg down, striking the ground right next to the off leg, hitting with the mid-to-forefoot. At the same time, the off leg snaps UP to that high knee position.

Take the time to make each rep AWESOME. Rest and reset as needed.

DON'T RUSH!

Deceleration Work:

3a). Breaking: Single Leg



7 Minutes for Deceleration Work:

3 Rounds of:

- Rest & reset between reps
- 4 Single Leg Stops (2 each leg)
- 4 Lateral Stops (2 Each Direction)
- :40 Rest

Continuing to work our ability to "break" - aka decelerate.

Now we begin with a forward "run" of a short distance, focusing on breaking/stopping at the target. First we do so by ending in a semi-lunge staggered position with one leg forward, absorbing our momentum.

These drills should be about your control and body position, not speed or intensity.

Deceleration Work: 3b). Breaking: Lateral



4 Lateral Stops per round, 2 each side

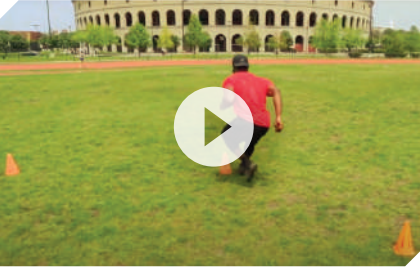
3 Rounds of:

- Rest & reset between reps
- 4 Single Leg Stops (2 each leg)
- 4 Lateral Stops (2 each direction)
- :40 Rest

We are now working a lateral stop coming from a forward "run" - this will be more difficult than you imagine. The focus cannot be on the speed of your forward movement, but about the transition to a lateral stance and complete stop with control.

Change of Direction Work:

4). Sprints Staggered Standing Start



10 Minutes for Speed Work

Warm Up:

- 1x 10yd @ 85%
- 1x 20yd @ 85%

Working Reps:

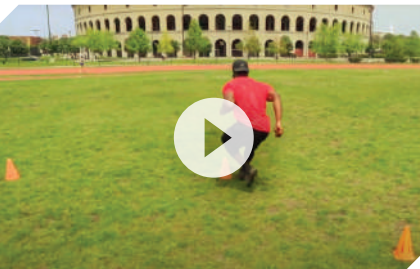
- 3x 20 @ 100% (Rest :45)
- 3x 30 @ 100% (Rest 1:00)

OK - our focus here is on ACCELERATION into TOP SPEED. That means attention must be paid to our intensity, effort, and control. The goal is to achieve your top speed on any given rep, for AS MUCH OF THE DISTANCE AS POSSIBLE. This is NOT conditioning in any way. Rest appropriately.

So, we set up well at the line, explode out with dynamic control (knee drive, torso lean, foot strike, etc), pushing to top speed as quickly as we can, holding that through the given distance, then coasting SLOWLY to come to a stop.

The key is in making the MOST OF EVERY REP, however "small" it may seem.

Change of Direction Work: 5a). W-Drill



5 Minutes for Change of Direction Work

W-Drill:

- 2 Reps of Warm Up @ 75%
- 2 Reps of Working Reps @ 85%

Then,

Figure 8's:

- 1 Rep Warm Up @ 50%
- 3 Reps Working @ 75-85%

Now we work the ability to change correction "non-linearly", aka curved and at an angle.

First we hit a drill that focuses on our ability to transition from backward to forward with a change in movement angle. We should pay attention to our technique and body control, here. It's not about the speed of either the backpedal or sprint, rather the ability to transition between the two EFFICIENTLY and with CONTROL OF DIRECTION.

Remember, slow is smooth, smooth is fast!

Change of Direction Work: 5b). Figure 8's



Figure 8's:

- 1 Warm up rep @ 50%
- 3 Working Reps @ 75-85%

Now we are working curvilinear running/change of direction. This is about TIGHT movement control - we are moving "forward" but following a curved path.

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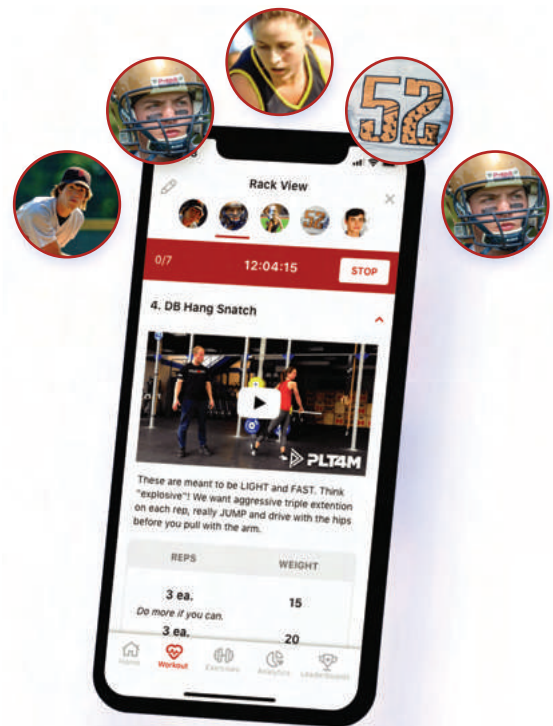
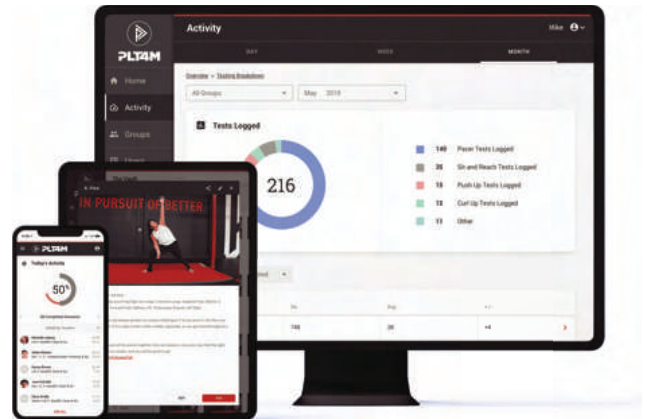
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