

Speed and Agility guidelines

This is just a basic speed program with 12 sessions. I suggest you do 2 sessions a week. Session layouts are shown below.

If you don't have a sled, make yourself a sled. Easiest way is to tie rope around a tire to have the sled affect.

Make sure you have a proper 5-10min Dynamic warm up before your session starts; you don't want to pull a hamstring.

Session layouts

Week 1: Sessions 1 & 3

Week 2: Sessions 2 & 4

Week 3: Sessions 5 & 7

Week 4: Sessions 6 & 8

Week5: Sessions 9 & 11

Week6: Sessions 10 & 12

Week 7: Sessions 1 & 3

Week 8: Sessions 2 & 4

Week 9: Sessions 5 & 7

Week 10: Sessions 6 & 8

Week 11: Sessions 9 & 11

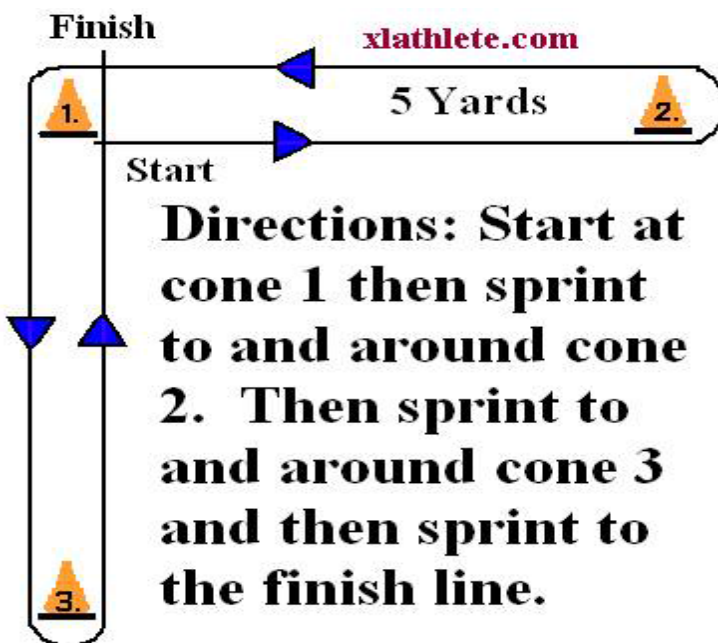
Week 12: Sessions 10 & 12

Speed and Agility

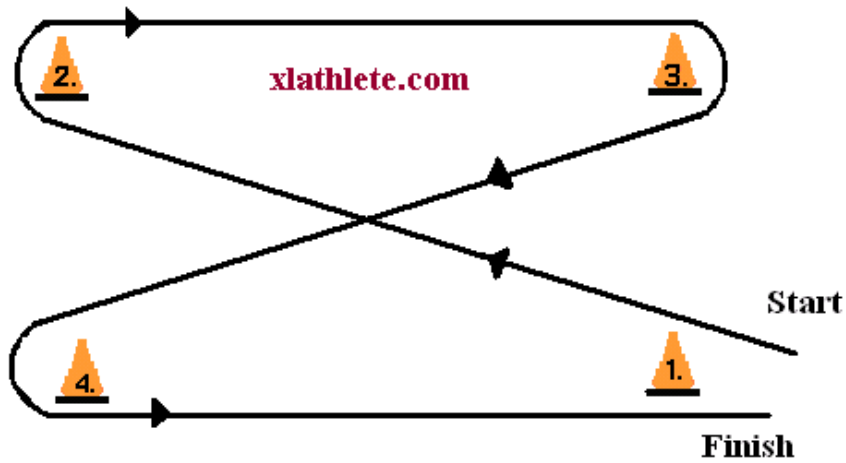
Session 1

Agility Drill #1

Do 2 sets of 4 repetitions. Rest 45-60 sec between each rep. Full recovery.



Agility Drill #2



Directions:

Start at cone 1 and follow the arrows and cone in order. It is possible to change the exercise when you pass each separate cone.

Do 2 sets of 4 repetitions. Rest 45-60-sec between each rep. Full recovery

Acceleration runs.

Falling starts....3x10m, 3x15m, 3x20m

Session 2 (Linear work and Sled)

Linear March 2x15m

Linear Skip 2x15

2-1 Drop squat x3

2ft drop squat into jump x3

3X Squat jumps into 5m sprint x3

Do your repetitions for the sled work then acceleration runs.

1. Sled run 3x10m / Single leg stance sprint 3x10m
2. Sled run 3x10m / Prone starts 3x10m
3. Sled run 3x10m / 3point starts 3x10m

NB - Recover fully between each sprint.

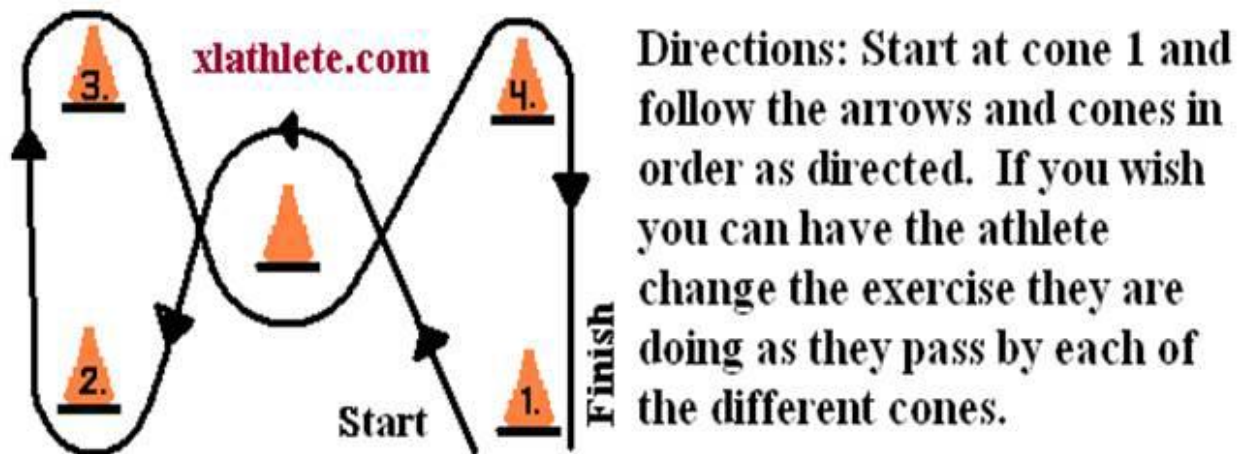
Session 3

Lateral shuffle to base 5m and stick x2 (each side)

Lateral shuffle 5m with Counter Movement x2 (each side)

Agility drill 1

Do 3 sets of 4 repetitions. Rest 45-60sec between each rep.



Directions: Start at cone 1 and follow the arrows and cones in order as directed. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

Acceleration work

Lateral shuffle 5m from cone 1 to 2 back to 1 and sprint to 3 with crossover step.



Complete 3 reps to **left** and to **right** side – Full recovery.

Session 4

Lateral Marching 2x15m (each side)

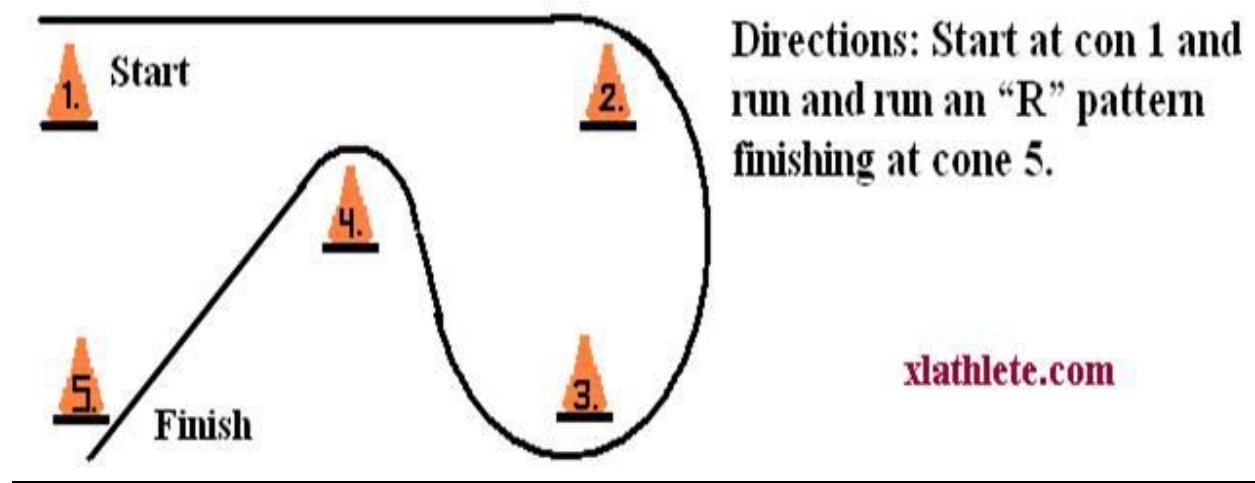
Lateral Skipping 2x 15m (each side)

Lateral bound w/stabilization NCM x5 (each side)

Lateral bound w/ double contact-Contractile x3 (each side)

Agility drill

Complete 2 sets of 4 reps. 45-60sec rest between reps.



Sled work

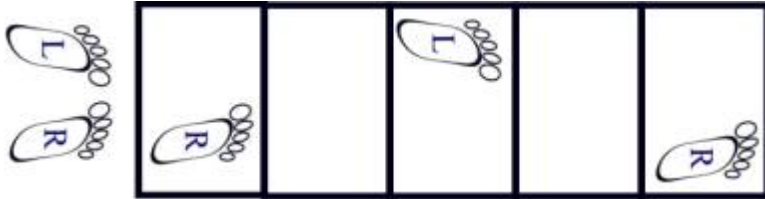
5x10m

4x15m

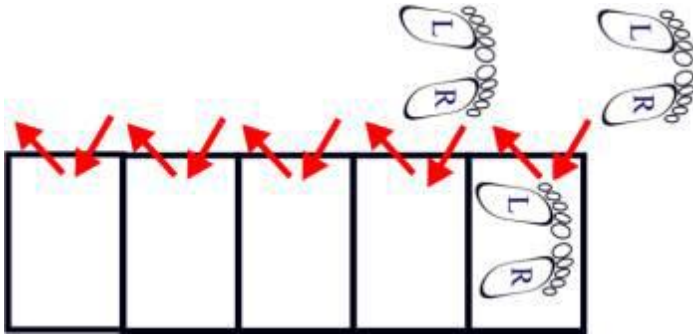
3x20m

Session 5

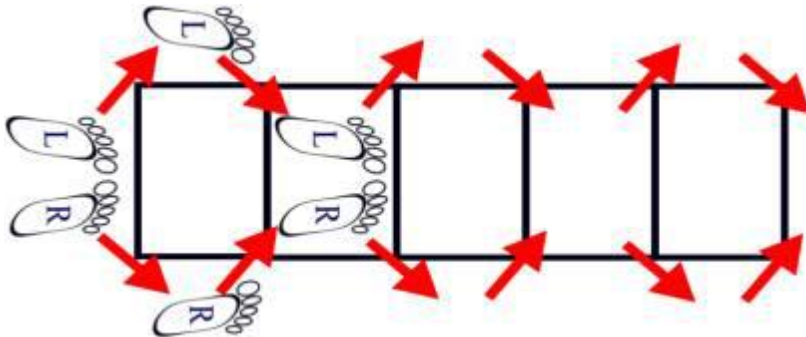
X4



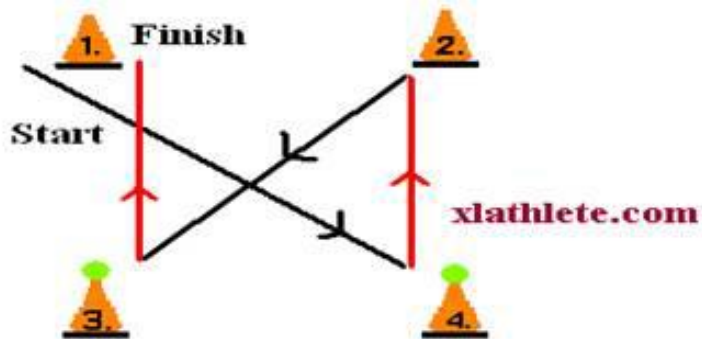
X4



X4



Complete 2 sets of 4 reps. Rest 45-60s between each repetition.



Directions: Have the athlete start at cone 1 and sprint towards cone 4, when they get to cone 4 grab the tennis ball off the top of the cone and sprint to cone 2 and place the tennis ball on top of cone 2. Then sprint to cone 3 and grab the tennis ball on the top of the cone and sprint to cone 1 and then place the tennis ball on top of cone 1. As you are sprinting on the red line you should be carrying the tennis ball.

Acceleration runs

1. 5m forward, 2m back 10m forward x5
2. Single leg 10m sprints x5 each leg

Session 6

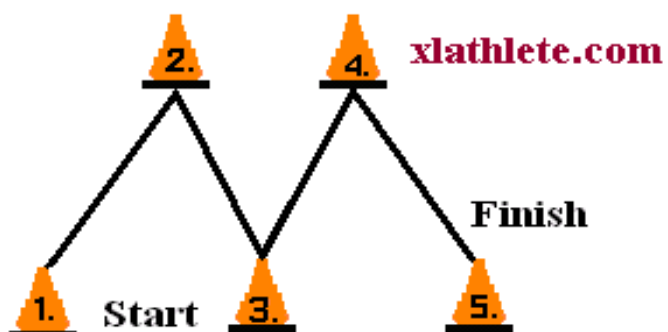
Linear bound w/stabilization NCM X5

Linear bound-Double Contact x 3

Lateral/Medial hurdle hop x4 per side

Agility drill 1

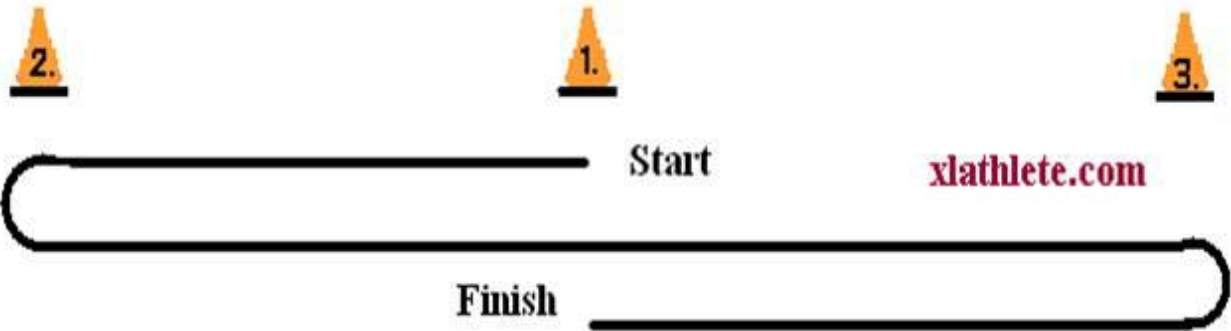
Complete 2 sets 4 reps. Rest 45-60sec between reps



Directions: Start at cone 1 and sprint to cone 2. Back peddle from cone 2 to cone 3. Run across from cone 3 to cone 4. Then run across the opposite way from cone 4 to finish at cone 5.

Agility 2

Complete 2 sets 4 reps. Rest 45-60sec between reps.



Directions: Start at the middle cone and sprint to the end of cone 2 and touch the ground. Sprint to the other end past cone 1 to cone 3 and touch the ground again. Sprint to the finish at cone 1.

Acceleration runs

1. Hip extension jumps into sprint 3x10m
2. Supine position sprints 3x10m

Session 7

Hill Sprints

Find a nice steep hill.

1-6x15m

2-4x20m

3-3x40m

Session 8

Rotatory bound w/stabilization x3 per side

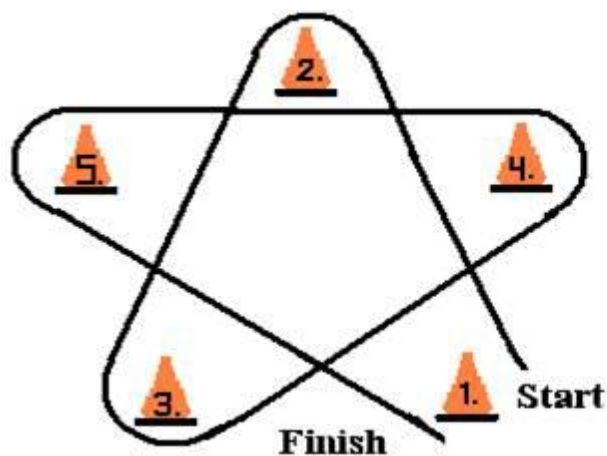
Rotatory bound- Double contact x3 per side

Medial hurdle hop x5 each

Lateral hurdle hop x5 each

Agility drill nr 1

Complete 3 sets of 4 reps. Rest 45-60sec between each rep



Directions: Start at cone 1 and sprint to each cone in chronological order, finishing the drill at the point of origin.

Acceleration runs

1. Shuffle 5-2-5
Sprint 5 m then reverse 2m and sprint 5m again. X4
2. Falling starts 10m. x4

Session 9

Linear March x2

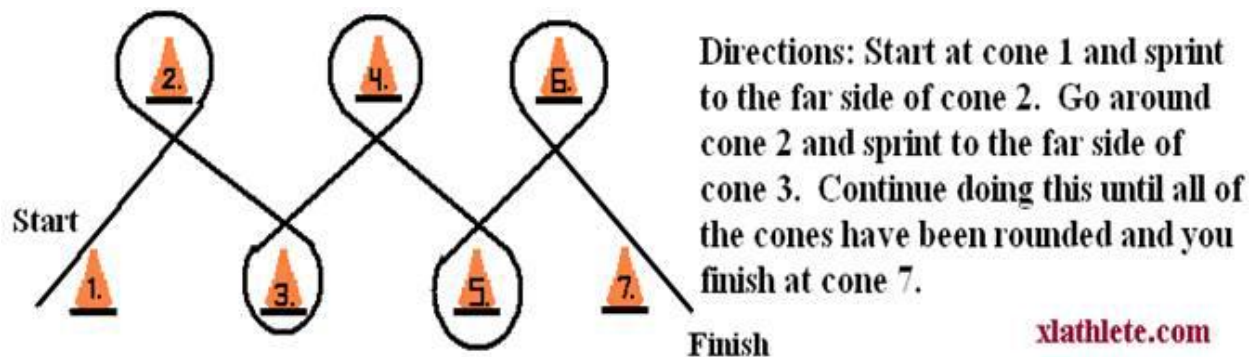
Linear Skip x2

Lateral March x2

Lateral skip x2

Agility drill nr 1

Repeat 3 sets 4 reps: Rest 35-60sec between reps.



Acceleration

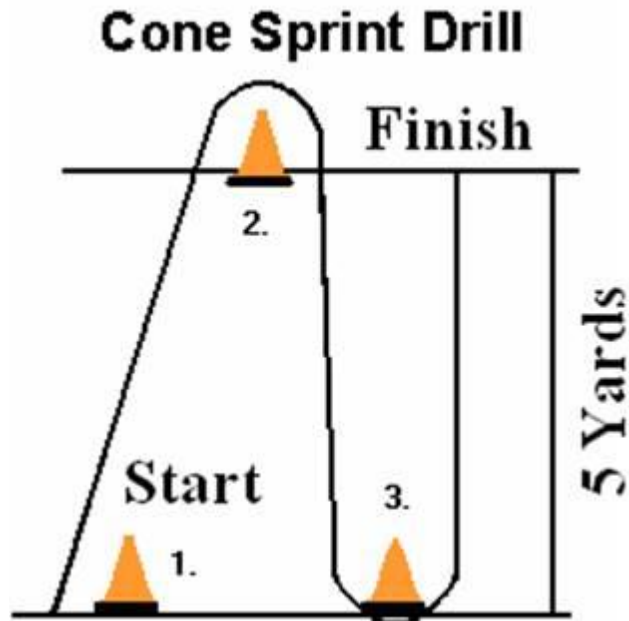
1. Reverse jump into sprint x 5 (15m)
2. 3 point start x5 (15m)

Make sure you recover fully between sprints.

Session 10

Agility Drill #1

Complete 3 sets 3 reps: Rest 45s-60s between reps.

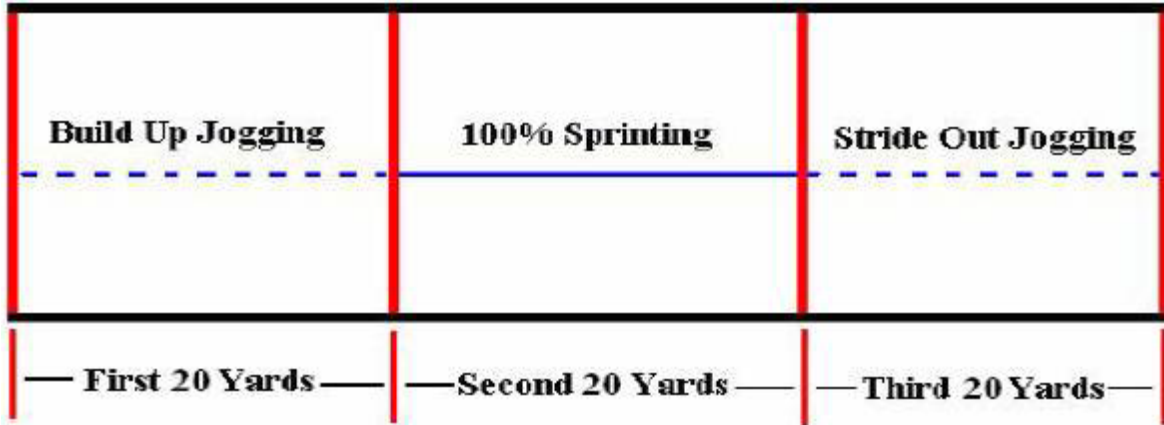


Absolute speed training

20-20-20

Build up by jogging 20m and then sprinting 20m with last 20m striding sprint out. Ex below

Complete 2 sets of 4 reps: Complete rest between sprints.



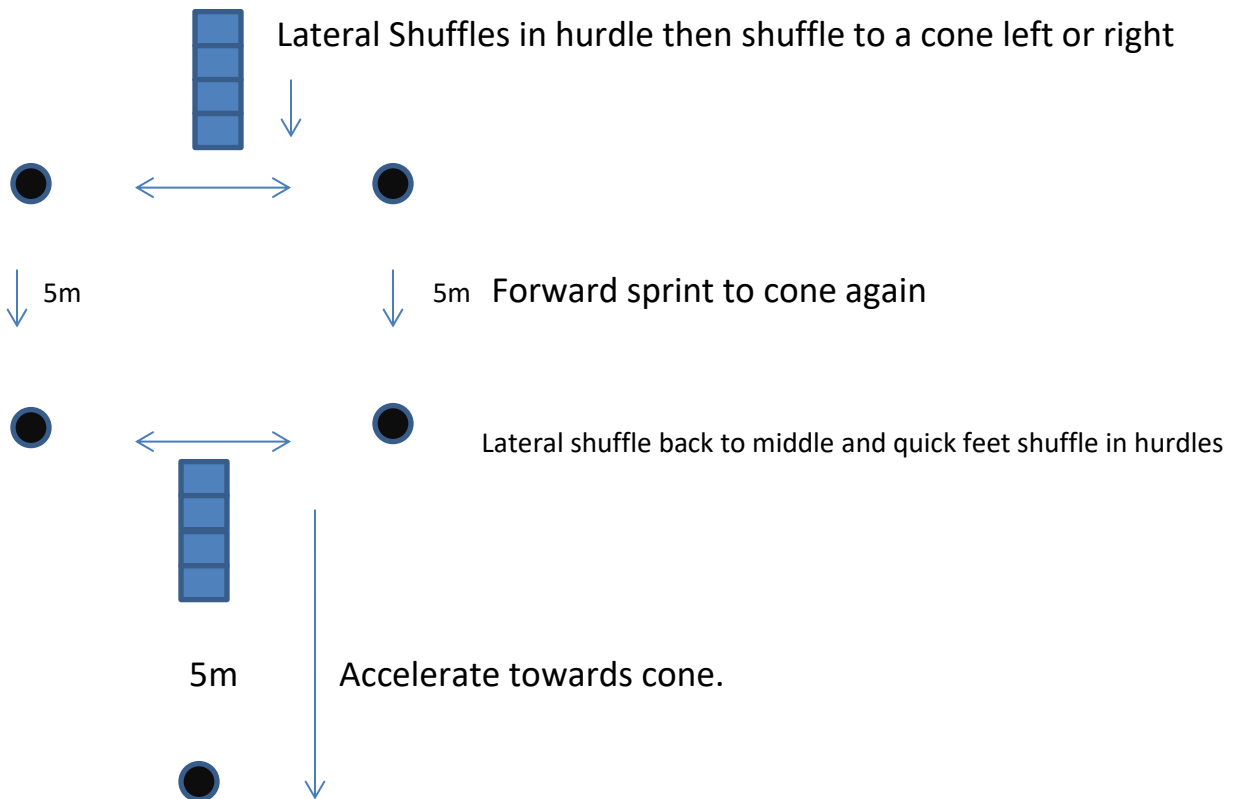
Session 11

Lateral Marching x5 (each side)

Lateral Skipping x5 (each side)

Ladder work with Sprint

Complete 4 reps working to each side



Complete 6 reps

Start



Place cones or hurdles in such a way as in the figure on your left.

Jump over linear than laterally to left, over cone laterally to the right

10m



After jumping Linear and laterally accelerate towards cone.

Acceleration runs

Complete 8 x 15m falling starts. Complete rest

Session 12

Drop squat into tuck jump x5

Drop squat 2 to 1 (x5)

Drop squat 2 to 1 into 5m acceleration sprint x2 per leg

Agility drill nr1

Complete 3 sets of 4 reps. Rest 45-60sec between reps



Directions: Start at the first cone. Sprint through the remaining cones weaving between each of them. Go around the last cone and sprint back to the first cone, by once again weaving through all the cones.

Sled work

1. 5x10m
2. 4x15m
3. 3x 20m

Complete rest between sprints and sets.