

Speed Program

SPRINT ALL OUT ON EVERY SPRINT- do not pace yourself

TAKE FULL REST PERIOD (not less)

CONCENTRATE ON EXPLOSIVE STARTS- Driving knees, leaning forward, pumping arms, keep stride smooth and powerful throughout the sprint.

WEEK 1	WEEK 2	WEEK 3	WEEK 4&5
8 x 20 yds	10 x 20 yds	12 x 20 yds	14 x 20 yds
8 x 40 yds	10 x 40 yds	12 x 40 yds	14 x 40 yds
6 x 60 yds	8 x 60 yds	10 x 60 yds	12 x 60 yds
5 x 80 yds	7 x 80 yds	8 x 80 yds	10 x 80 yds
4 x 100 yds	5 x 100 yds	6 x 100 yds	6 x 100 yds
1 time a week	1 time a week	1 time a week	2 times a week

WEEK 6&7	WEEK 8&9	WEEK 10& 11	WEEK 12
15 x 20 yds	18 x 20 yds	20 x 20 yds	20 x 20 yds
15 x 40 yds	18 x 40 yds	20 x 40 yds	20 x 40 yds
13 x 60 yds	14 x 60 yds	15 x 60 yds	15 x 60 yds
11 x 80 yds	12 x 80 yds	12 x 80 yds	15 x 80 yds
6 x 100 yds	8 x 100 yds	8 x 100 yds	10 x 100 yds
2 times a week	2 times a week	1 time a week	1 time a week

Rest Period Weeks 1-6

30 sec for 20's
45 sec for 40's
60 sec for 60's
75 sec for 80's
90 sec for 100's

Rest Period Weeks 7-12

20 sec for 20's
30 sec for 40's
45 sec for 60's
60 sec for 80's
75 sec for 100's

Fitness Test

Test 1 120's

Person has 18 seconds to sprint from one end to the other (120 yards). After the sprint you must jog back to the starting point in less than one minute.(It should only take 35-45 seconds to jog back) The next sprint starts immediately when the minute is up, and the entire process is repeated until you have **passed ten** 120's.

You will have one extra sprint at the end of practice (in less than 20 seconds) for every sprint you missed in the test!!!

Test 2 Shuttles

Two flags will be set up 50 yards apart. You must run up and around the flag and then back THREE TIMES(Total of 300 yards) in less than 60 seconds. You will have 90 seconds rest between sets. You must pass 5 sets.

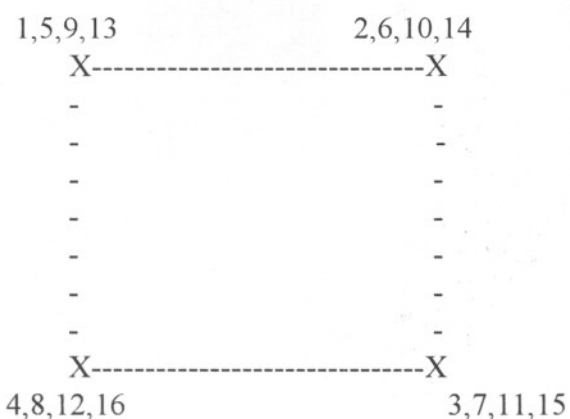
Everyone you don't pass = two 120's at the end of practice(under 20 seconds)

Test 3 Suicide's

Cones will be set up at 5 yard intervals up to 25 yards. You have 35 seconds to run the first 6 suicides, and 40 seconds to run the last 4 suicides. They will be given on 1 minute intervals. You must pass 10 suicides.

Everyone you don't pass = one 120 at the end of practice(under 20 seconds)

Fun Fitness Exercise "Rickies"



Line up fastest to slowest around the square. 1 chases 2 who is chasing 3 and so on. If you catch the person you are chasing they must do 2 extra sprints after practice. You are safe if you make it around the square 3 times before getting caught. Do exercise 3-5 times.