

Training Progression Week 3					
Warm Up Options					
Warm Up Options	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
GPP Warm Up (Option 1)					
	Aerobic Base Injury Prevention Runs	as directed		No Rest	12
Low Level Jumps (Option 2)					
	Jumping jacks	20 to 40 Seconds	1 Sets	No Rest	12
	Split Jacks	20 to 40 Seconds	1 Sets	No Rest	12
	Lateral line hops	20 to 40 Seconds	1 Sets	No Rest	12
	Front and back line hops	20 to 40 Seconds	1 Sets	No Rest	12
	Mountain climbers	20 to 40 Seconds	1 Sets	No Rest	12
	Burpees	20 to 40 Seconds	1 Sets	No Rest	12
	Star Jumps	20 to 40 Seconds	1 Sets	No Rest	12
	Squat and roll	20 to 40 Seconds	1 Sets	No Rest	12
Other Options					
	Other Available Warm-Ups				162-168
Ankle Rocker					
Ankle Rocker	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	single leg squat For Ankle Rocker	25	1	20 - 40 Seconds	33
	Stair Walks	25	1	20 - 40 Seconds	33
	Shuffle Walks	25	1	20 - 40 Seconds	33

Slow Run/Preparation Drills					
Slow Run/Preparation Drills	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Mini Hurdle Runs	10-12 Hurdles	7-10 Reps - 1 Set	20 - 40 Seconds	33
	Prime Times Speed Development	20-30 Yards	3-5 Reps - 1 Set	20 - 40 Seconds	34
Speed					
Speed	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Flying 10	3-4 Reps	1 Set	30 to 90 Seconds	12
	Stance Start, 3 Steps	3-4 Reps	1 Set	20 to 40 Seconds	Page
Agility					
Agility	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Single leg line hop with straight leg	30 Seconds	2 (1 Clock, and 1 Counter-clockwise)	20 - 40 Seconds	34
Lifting					
Lifting					27-32

Week 3 Exercise Progressions

Warm-Up Options

No Changes, Refer to Week 1

Ankle Rocker Drills

[Single leg squat For Ankle Rocker](#)

In this drill the athlete keeps the entire foot flat on the ground. The athlete then drives the knee as far forward as possible while maintaining contact between the heel and floor.

[Shuffle walks](#)

The athlete begins in an ankle squat position by pushing their shins as far forward as possible while maintaining whole foot pressure. One forefoot is raised as high as possible while maintaining heel contact with the ground and then sliding it forward 6 inches. The athlete then drops the forefoot back to the ground. Without shifting their weight, the athlete will then raise the rear forefoot and try to slide it 6 inches in front of the other foot. The key is to not shift the weight between the feet and to make the ankle complete the work. The better an athlete and ankle gets, the lower the athlete can drop in and the greater distance each step can cover.

[Stair walk](#)

The athlete places their forefoot on a stair and pushes their shin as far forward as possible without letting the heel raise. Then the athlete will push through the foot to go up the stairs and extend all the way to the big toe before the next foot is placed on the stair in front of them. Repeat with the other foot.

Slow Run/Preparation Drills

[Mini hurdle runs](#)

Mini hurdle runs force perfect the timing required in sprints. If the timing is not exactly as needed, the athlete will strike the hurdles. To set this drill up place 10-12, 6 inch hurdles with PVC of 1.7 meters (1.9 yards) apart in a straight line. Have the athlete run through the hurdles, while always maintaining the right foot on the right side of the line and left foot on the left side of the center line. As a coach, ensure they are not running on their toes, and emphasize solid foot contacts with the ground.

As the athlete progresses, they can run through with their hands over their heads, reaching as high as possible. Another progression would be to increase the distance between the hurdles, up to as they improve on the drill, the coach can lengthen the distance between the hurdles as far as 2.1 m (2.3 yards). If the hurdles are placed too far apart, the athlete will have an increased ground contact time with a change in running form as well. This must be avoided. Generally, 1.7-1.9 is good for beginning and intermediate runners. Faster athletes will be capable of handling the distance of 2.1m.

I have never used a distance greater than 2.1m. Adding 2 inches to the height of the hurdles can also make the drill more difficult. Again, start at shorter distances and lower heights. The

key is to maintain proper positioning and running mechanics. I have also gone shorter to 1.5 m to really have the athletes focus on getting their feet off the ground. It is a great drill because if the athlete runs through, it is difficult to do wrong unless they cross over the line. The shorter and longer distances work better at top speed. The middle distances are better at 80-90%. Complete 10-12 hurdles at varying distances with good form and appropriate rest for 7-10 sets.

[Prime Time Speed Development](#)

This drill is named, appropriately, after Deon Sanders. It is a stiff legged sprint. The athlete will jog to start but once they pick up speed, they will run with their legs straight. This not only ensures optimal foot placement under the center of mass but it also strengthens their hamstrings.

I usually have them hold their top speed for 30m. Placing their arms overhead will add to the difficulty of the drill. If extra timers are handy, it is a great drill to run fly 30s with. Especially with beginners, the faster their prime time, the faster they run. Do 3-5 reps per workout. Common mistakes include landing on heels instead of toes and athletes having a slight bend in their knee. A perfect rep would show some bounce off the ground.

Speed

[Stance Start, 3 Steps](#)

The same stance is used as in week 1 above. Now the athlete focuses on their first three steps.

Agility

[Single leg line hop with straight leg](#)

In this drill have the athlete find a line to jump over. They will then hop over line as quickly as possible in a lateral motion while keeping the knee straight.

Training Progression Week 4					
Warm Up Options					
Warm Up Options	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
GPP Warm Up (Option 1)					
	Aerobic Base Injury Prevention Runs	as directed		No Rest	12
Low Level Jumps (Option 2)					
	Jumping jacks	20 to 40 Seconds	1 Sets	No Rest	12
	Split Jacks	20 to 40 Seconds	1 Sets	No Rest	12
	Lateral line hops	20 to 40 Seconds	1 Sets	No Rest	12
	Front and back line hops	20 to 40 Seconds	1 Sets	No Rest	12
	Mountain climbers	20 to 40 Seconds	1 Sets	No Rest	12
	Burpees	20 to 40 Seconds	1 Sets	No Rest	12
	Star Jumps	20 to 40 Seconds	1 Sets	No Rest	12
	Squat and roll	20 to 40 Seconds	1 Sets	No Rest	12
Other Options					
	Other Available Warm-Ups				162-168
Ankle Rocker					
Ankle Rocker	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	single leg squat For Ankle Rocker	25	1	20 - 40 Seconds	33
	Stair Walks	25	1	20 - 40 Seconds	33
	Shuffle walks	25	1	20 - 40 Seconds	33

Slow Run/Preparation Drills					
Slow Run/Preparation Drills	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Mini Hurdle Runs	10-12 Hurdles	7-10 Reps - 1 Set	20 - 40 Seconds	33
	Prime Times Speed Development	20-30 Yards	3-5 Reps - 1 Set	20 - 40 Seconds	34
Speed					
Speed	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Flying 10	3-4 Reps	1 Set	30 to 90 Seconds	12
	Block 5	3-4 Reps	1 Set	20 to 40 Seconds	43
Agility					
Agility	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Single leg line hop with straight leg	30 Seconds	2 (1 Clock, and 1 Counter-clockwise)	20 - 40 Seconds	34
Lifting					
Lifting					37-42

Week 4 Exercise Progressions

Warm-Up Options

No Changes, Refer to Week 1

Ankle Rocker Drills

No Changes, Refer to Week 3

Slow Run/Preparation Drills

No Changes, Refer to Week 3

Speed

[Block 5 starts](#)

This is not a timed acceleration but more of a drill to improve the start position. The key is to get the athlete in a beneficial stance and learn to drive from that stance.

Agility

No Changes, Refer to Week 3