

# TRIPHASIC TRAINING

Football Speed  
and  
Strength Manual



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Football Speed and  
Strength Manual

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## **Triphasic High School Speed Manual**

### **Introduction**

This High School Training Manual has been expanded to include training methods specifically designed to enhance the development of speed capabilities in the maturing athlete to the highest extent. This does not mean elite level runners will not benefit from the program, exercises, and/or progressions laid out in this manual as the methods implemented throughout it are extremely advanced. This speed manual has been created to take every coach step-by-step through an 18 week progressive program, from warm-up to ankle rocker drills, to specific speed training and agility, and finally a lifting progression, which will all be covered in great detail and must occur in order for maximal performance to be achieved. This manual ultimately leads to dramatic increases in speed for any athlete truly implementing the progressions laid out in the pages to follow.

### **Example Daily Training Schedule**

Each training week will be laid out in succession in the upcoming section. However, it is important every coach know and understand the training scheduled followed within each workout. The workouts shown throughout this manual consist of six main components in which every drill can be placed. These six components are listed below:

1. The Warm-Up
2. Ankle Rocker
3. Slow Run/Progression Drills
4. Speed
5. Agility
6. Lifting

If a coach is required to do so, typically due to lack of available equipment, the team can be broken into groups to relieve this common issue. If possible this order should be utilized whenever possible by coaches as it elicits an optimal training response by the athlete.

## **Training Components**

### **Warm-Up - 5 - 15 Minutes**

The Warm-up is consistently implemented to ensure athletes are prepared appropriately for the training they will be asked to complete. The warm-up options presented in this manual allow for variability for athletes while priming each individual for the specific requirements of the following sections of training.

### **Ankle Rocker - 5 Minutes**

The ankle rocker program in this manual is designed to develop and improve an athlete's ability to utilize one of the main joints involved in extension. The ankle joint's importance in this process is often the missing link in maximizing performance. Only when the function of the ankles and feet occur at the highest levels can all the strength and explosive power you've created in your hip and knee joint be transferred into the ground, leading to increased running speeds and maximized performance capabilities. There is a section dedicated to why this skill is vital for speed training and running mechanics after the 18 week program is demonstrated.

### **Slow Running/Progression Drills – 5-7 Minutes**

By slowing down various drills that have been selected and are running program your athletes will be forced to read pattern there current movements and as the movement speed up right motor patterns will be in place for optimal human performance.

### **Speed - 25 - 30 Minutes**

Speed training is implemented in this manual with one goal, enhance running speed. From the use of appropriate rest times to specific drill work to improve this skill, this manual utilizes drills designed specifically for speed in the developing athlete.

### **Agility - 25 - 30 Minutes**

The agility drills selected and utilized in this manual function optimally so that the majority of movements experienced in play are covered in training. These are progressed throughout the training blocks, along with the ankle rocker and slow running drills, so that the optimization of human performance is achieved at the completion of the 18 week program.

### **Lifting - 25 - 30 Minutes**

This program in this manual is designed to increase an athlete's abilities in the weight room, which when periodized in this manner will transfer to their sporting event. This training will increase strength, power, and rate of force development. Each of these are necessary to increase the efficient and performance of athletes.

## **Weekly Progression**

Listed below is the entire 18 week speed progression. Every training component is implemented on a daily basis for maximal improvements to be realized. All repetitions, sets, rest times, and a page number for each drill is listed for every prescribed exercise, along with hyperlinks for simplicity and quick understanding. After the lift sheet is shown each exercise is described on the following page. Each exercise is only described in the first week it is implemented to continue to increase simplicity of this speed training manual.