

SPEED

FOR SPORTS PERFORMANCE

Sample Speed Training Workouts

The following are four sample speed workouts for the complete training year: early off-season, late off-season, preseason, and in-season. Each workout contains a warm-up, technique drills, training exercises, and injury prevention exercises. Please refer to the demonstrations of each exercise in the DVD to ensure proper technique and safety.

Special note: Speed training should not be conducted when athletes are fatigued as it may inadvertently train them to run at slower speeds with improper technique. Consequently it is recommended that training is best performed during brief, highly intense workouts. It is also important to allow complete recovery between reps or sets. Please follow the recommended rest suggestions in the sample workouts. At the end of each training session, exercises are provided that help prevent injuries and serve as cool-down activities for proper recovery after a training session.

Early Off-Season

Goals

- Develop fundamental movement skills.
- Develop first-step explosiveness.
- Develop acceleration ability.
- Learn to run at maximum velocity.

	Day one	Day two
Emphasis	Acceleration	Maximum velocity
Warm-up	Dynamic flexibility exercises, 10-15 minutes	Dynamic flexibility exercises, 10-15 minutes
Technique drills	Arm swing drill, 3x10 seconds Ankling, 2x10 yards Heel-to-hip walk, 2x10 yards High-knee walk, 2x10 yards	Arm swing drills, 2x10 seconds Ankling, 2x10 yards Heel-to-hip walk, 2x10 yards Heel-to-hip skip, 1x10 yards High-knee walk, 1x10 yards High-knee skip, 2x10 yards
Workout	Falling start, 3x10 yards Tennis ball drill, 3x5 yards (2-3 minutes rest between each sprint)	Falling start, 5x40 yards (2-3 minutes rest between each sprint)
Injury prevention	Foot and ankle strengthening exercise (5 minutes)	One-leg balance exercise (5 minutes)

Late Off-Season

Goals

- Refine fundamental movement skills.
- Develop first-step explosiveness.
- Improve acceleration ability.
- Develop maximum velocity.
- Build speed endurance.

	Day one	Day two	Day three
Emphasis	Acceleration	Maximum velocity	Speed endurance
Warm-up	Dynamic flexibility exercises, 10-15 minutes	Dynamic flexibility exercises, 10-15 minutes	Dynamic flexibility exercises, 10-15 minutes
Technique drills	Ankling, 2x10 yards Heel-to-hip skip, 2x10 yards High-knee skip, 2x10 yards A-walk, 2x10 yards	Ankling, 1x10 yards Straight-leg bound, 2x10 yards Heel-to-hip skip, 3x10 yards High-knee skip, 3x10 yards A-walk, 1x10 yards A-skip, 2x10 yards	Ankling, 1x10 yards Straight-leg bound, 2x10 yards Heel-to-hip skip, 3x10 yards High-knee skip, 3x10 yards A-walk, 1x10 yards A-skip, 2x10 yards
Workout	Falling start, 3x5 yards Standing start, 5x10 yards Standing long jump, 3x10, maximum effort	Standing start, 3x5 yards Crouching start, 5x50 yards Hurdle hops, 3x10 yards	Stride length drills, 3x (start drill after 20-yard acceleration, sticks begin 70% of stride length and increase by 5% for each stick, 8 sticks total) 10x100 yards (2-3 minutes rest between)
Injury prevention	Foot and ankle strengthening exercise (5 minutes)	One-leg balance exercise (5 minutes)	Ankle hop (5 minutes)

Preseason

Goals

- Improve first-step explosiveness.
- Improve acceleration.
- Improve maximum velocity.
- Maintain speed endurance.

	Day one	Day two	Day three	Day four
Emphasis	Acceleration	Maximum velocity	Acceleration	Speed endurance
Warm-up	Dynamic flexibility exercise, 10-15 minutes	Dynamic flexibility exercise, 10-15 minutes	Dynamic flexibility exercise, 10-15 minutes	Dynamic flexibility exercise, 10-15 minutes
Technique drills	Ankling, 2x10 yards Heel-to-hip skip, 2x10 yards High-knee skip, 2x10 yards A-walk, 2x10 yards A-skip, 3x10 yards	Ankling, 1x10 yards Straight-leg bound, 3x10 yards Heel-to-hip skip, 3x10 yards High-knee skip, 3x10 yards A-skip, 3x10 yards B-walk, 2x10 yards	Ankling, 2x10 yards Heel-to-hip skip, 2x10 yards High-knee skip, 2x10 yards A-walk, 2x10 yards A-skip, 3x10 yards	Ankling, 1x10 yards Straight-leg bound, 3x10 yards Heel-to-hip skip, 3x10 yards High-knee skip, 3x10 yards A-skip, 3x10 yards B-walk, 2x10 yards
Workout	Resisted standing start, 5x5 yards Standing long jump and start, 5x1+10 yards Standing start, 5x20 yards Standing long jump, 3x10, maximum effort	Crouching start, 3x5 yards Resisted sprint, 5x40 yards Bounding, 3x20 yards	Crouching start, 5x5 yards Stick drill, 5x (sticks 18", 24", 30", 36", 42", 48", 54", and 60" apart) In front medicine ball throw and start, 5x1+5 yards Staggered start, 5x20 yards Standing long jump, one leg, 3x5 yards	Stride length drill, 3x (start drill after 20-yard acceleration, sticks begin 70% of stride length and increase by 5% for each stick, 8 sticks total) 10x150 yards (2-3 minutes rest between)
Injury prevention	Foot and ankle strengthening exercise (5 minutes)	One-leg balance exercise (5 minutes)	Ankle hop (5 minutes)	Foot and ankle strengthening exercise (5 minutes)

In-Season

Goals

- Achieve peak first-step explosiveness.
- Achieve peak acceleration.
- Maintain maximum velocity.
- Maintain speed endurance.

	Day one	Day two	Day three
Emphasis	Acceleration	Maximum velocity and speed endurance	Acceleration
Warm-up	Dynamic flexibility exercise, 10-15 minutes	Dynamic flexibility exercise, 10-15 minutes	Dynamic flexibility exercise, 10-15 minutes
Technique drills	Straight-leg bound, 2x10 yards Heel-to-hip skip, 2x10 yards High-knee skip, 2x10 yards A-skip, 3x10 yards B-walk, 2x10 yards	Straight-leg bound, 3x10 yards Heel-to-hip skip, 3x10 yards High-knee skip, 3x10 yards A-skip, 3x10 yards B-skip, 2x10 yards	Straight-leg bound, 2x10 yards Heel-to-hip skip, 2x10 yards High-knee skip, 2x10 yards A-skip, 3x10 yards B-walk, 2x10 yards
Workout	Resisted standing start, 5x5 yards Standing long jump and start, 5x1+5 yards Crouching start, 5x10 yards Standing start, 5x20 yards Standing long jump, 3x10 (maximum effort)	Stride length drill, 3x (start drill after 20-yard acceleration, sticks begin 70% of stride length and increase by 5% for each stick, 8 sticks total) Medicine ball throw and start, 5x1+5 yards 3x20-yard flying sprint (40-yard acceleration zone) 10x100-yard sprint (rest 2 minutes between each sprint)	Stick drill, 5x (sticks 18", 24", 30", 36", 42", 48", 54", and 60" apart) Vertical jump and start, 5x1+5 yards Push-up start, 5x10 yards Staggered start, 5x20 yards Standing long jump, 1 leg, 3x10 each side (maximum effort)
Injury prevention	Foot and ankle strengthening exercise (5 minutes)	One-leg balance exercise (5 minutes)	Ankle hop (5 minutes)

Speed Assessment Data

The following tables list average speed assessment test results, which are demonstrated on the *Speed for Sports Performance* DVD, for different types, ages, and levels of athletes. You can compare your test results with these averages. The results can be used to make direct comparisons for commonly used sprint tests (10-meter, 30-yard, 40-yard, 60-yard) in baseball, basketball, rugby, and football.

Standing long jump results are shown in centimeters and in inches, broken down by age ranges. These should be viewed as standing long jump results that are predictive of potential sprinting talent. Athletes that want to be good sprinters should be aiming for these results in the standing long jump.

The 30-meter sprint crouch start, 60-meter sprint crouch start, and the projected 100-meter and 200-meter results show athletes what they need to work on for speed development. The results for these four tests should line up. If they don't, it indicates that the athlete is deficient in one or more areas. For example, if an athlete performs the 30-meter in 4.55 seconds and the 60-meter in 8.1 seconds, then they should be able to perform the 100-meter in 12.51 to 12.84 seconds. If they are slower than this (e.g., perform it in 13 seconds), that indicates acceleration and speed are good, but speed endurance may be lacking. Or, if an athlete performs the 30-meter in 4.7 seconds and the 60-meter in 8.1 seconds, it indicates that their ability to accelerate is lacking.

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Age	10 - 12	12 - 13	13 - 14	14 - 15	16 - 17	18 - 19	20+
Standing long jump (cm)	200-220	220-230	230-240	240-250	280-285	290-300	300-315
Standing long jump (in)	78.74-85.8	85.8-89.7	89.7-93.6	93.6-97.5	109.2-111.5	113.1-117.0	117.0-122.85

30-meter (32.8 yards) sprint crouch start (s)	5.0	4.8	4.7-4.6	4.6-4.5	4.5-4.4	4.4-4.3	4.3-4.2	4.2-4.1	4.1-4.0
60-meter (65.6 yards) sprint crouch start (s)	9.0-8.78	8.78-8.6	8.58-8.2	8.2-8.0	8.0-7.8	7.8-7.6	7.6-7.4	7.4-7.2	7.2-7.0
Projected 100-meter (109.4 yards) dash (s)	>13.81	13.81-13.51	13.47-12.84	12.84-12.51	12.51-12.17	12.17-11.84	11.84-11.51	11.51-11.01	11.01-10.84
Projected 200-meter (218.7 yards) dash (s)	>28.09	28.09-27.41	27.41-26.12	26.12-25.45	25.45-24.77	24.77-24.09	24.09-23.41	23.41-22.73	22.73-22.05

Baseball	MLB	AAA	AA	A
30-yard (27.43 meters) dash (s)	3.75	3.66	3.64	3.77
60-meter (65.62 yards) dash (s)	6.96	6.86	6.79	7.05

Basketball, college	Guards	Forwards	Centers
30-yard (27.43 meters) dash (s)	3.68	3.83	3.97
40-yard (36.58 meters) dash (s)	4.68	4.84	4.97

Rugby	
10-meter (10.94 yards) dash (s)	1.85
20-meter (21.87 yards) dash (s)	3.14
40-meter (43.74 yards) dash (s)	5.6

Football, 300-yard (274.32 meters) shuttle (s)	OB	DB	OL	DL	LB
D1	49.4	48.8	56.7	54.9	49.9
D3	60.2	58.4	64.4	64.4	60.2

Football, 40-yard (36.58 meters) dash (s)	OB	DB	OL	DL	LB	Receivers
D1	4.7	4.67	5.07	4.96	4.71	4.6
D2	4.8	4.72	5.21	5.05	4.87	4.75
D3	4.89	4.74	5.23	5.04	4.9	4.8
CC	4.71	4.53	5.27	5.01	4.67	4.58