

Speed workout

Dynamic Warm-Up

(10 minutes) Instead of static stretching as a warm-up, perform athletic movements that activate your muscles and increase your range of motion.

- **Forward and Backward Runs** (gradually increase speed)
- **High Knees**
- **Butt Kicks**
- **Forward and Backward Skips**
- **Lateral Shuffle**
- **Carioca**

Power/Plyometrics

(10 minutes) Once your muscles are warmed up, it's time to increase the intensity with exercises designed to develop explosive lower-body power.

- **Power Skips** (maximum height)
- **Power Skips** (maximum distance)
- **Lateral Skaters**
- **Split-Squat Jumps**
- **Squat Jumps**
- **Ankle Hops**
- **Broad Jumps**

Agility

(15 minutes) Agility drills should reflect the demands of the your sport and focus on acceleration, deceleration, change of direction and reaction. Agility drills can use cones, hurdles, and/or agility ladders. Perform each drill at max speed.

- **4-Cone Drill**
- **3-Cone Drill**
- **Pro Agility Shuttle**
- **Slalom Drill**
- **Ladder Drills**

Conditioning

(8-10 minutes) The final segment of this speed workout includes running drills that increase endurance.

- **Sprints** (including Resisted and Assisted Sprints)
- **Interval Runs**
- **Shuttle Runs**