



TO INCREASE STRIDE LENGTH

Stride **length** depends upon power output of the hamstrings, glutes, and back.
*Make sure athlete is using **full range of motion** - knee to pad and full extension back.*

6 Sets

1-minute rest between sets

1. Resistance Level **3** - 8-10 *Fast Reps*
2. Resistance Level **3** - 8-10 *Fast Reps*
3. Resistance Level **2** - 8-10 *Fast Reps*
4. Resistance Level **2** - 8-10 *Fast Reps*
5. Resistance Level **1** - 8-10 *Fast Reps*
6. Resistance Level **1** - 8-10 *Fast Reps*

TO INCREASE STRIDE FREQUENCY

Stride **frequency** can be increased using single-leg plyometrics for speed & distance.
*Make sure athlete is using **full range of motion** - knee to pad and full extension back.*

6 Sets Per Leg

1-minute rest between each set, not each leg

1. Resistance Level **2** - 8 *Fast Reps* Right & Left Leg
2. Resistance Level **2** - 8 *Fast Reps* Right & Left Leg
3. Resistance Level **2** - 8 *Fast Reps* Right & Left Leg
4. Resistance Level **3** - 8 *Fast Reps* Right & Left Leg
5. Resistance Level **3** - 8 *Fast Reps* Right & Left Leg
6. Resistance Level **3** - 8 *Fast Reps* Right & Left Leg

FOR STRENGTH DEVELOPMENT

This can be tailored to fit each athlete by changing level of resistance, increasing time/reps, or both.
*Make sure athlete is using **full range of motion** - knee to pad and full extension back.*

7 Sets

2 ½ minute rest between sets

1. Resistance Level **2** - 8-10 Reps OR 10-15 seconds
2. Resistance Level **2** - 8-10 Reps OR 10-15 seconds
3. Resistance Level **3** - 8-10 Reps OR 10-15 seconds
4. Resistance Level **3** - 8-10 Reps OR 10-15 seconds
5. Resistance Level **3** - 8-10 Reps OR 10-15 seconds
6. Resistance Level **3** - 8-10 Reps OR 10-15 seconds

FOR ACCELERATION DEVELOPMENT

This can be tailored to fit each athlete by changing level of resistance, increasing time/reps, or both.
*Make sure athlete is using **full range of motion** - knee to pad and full extension back.*

Workout #1

30 second rest between sets

1. Resistance Level **2** - 7 second sprint
2. Resistance Level **2** - 7 second sprint
3. Resistance Level **2** - 7 second sprint
4. Resistance Level **1** - 7 second sprint
5. Resistance Level **1** - 20 second sprint

Workout #2

30 second rest between sets

1. Resistance Level **3** - 5 second sprint
2. Resistance Level **3** - 5 second sprint
3. Resistance Level **2** - 5 second sprint
4. Resistance Level **1** - 5 second sprint
5. Resistance Level **1** - 25 second sprint

Workout #3

30 second rest between sets

1. Resistance Level **2** - 8 second sprint
2. Resistance Level **2** - 12 second sprint
3. Resistance Level **2** - 15 second sprint
4. Resistance Level **1** - 20 second sprint

Workout #4

30 second rest between sets

1. Resistance Level **2** - 3-5 second sprint
2. Resistance Level **2** - 3-5 second sprint
3. Resistance Level **1** - 3-5 second sprint
4. Resistance Level **1** - 20 second sprint

FOR SPEED TRAINING

First 6-Week Cycle

Weeks 1 & 2

****FOCUS ON FORM****

Resistance Level 1

10 seconds slow, 10 second sprint

Rest 1 Minute

10 seconds slow, 10 second sprint

Weeks 3 & 4

Resistance Level 2

20 second sprint

Rest 1 Minute

20 second sprint

Weeks 5 & 6

Resistance Level 3

30 second sprint

Rest 1 Minute

30 second sprint

Second 6-Week Cycle

Weeks 7-10

5 second sprint - Level 3

5 second sprint - Level 3

5 second sprint - Level 2

5 second sprint - Level 1

5 second sprint - Level 1

Rest 1 minute, then repeat circuit

****This is meant to be 25 seconds of continuous work with a partner adjusting resistance****

To tailor to different athletes, adjust the level of resistance and/or increase time.

Weeks 11 & 12

Level 3 - 15 second sprint

Level 3 - 3 plyometric tuck + 5 second sprint

Level 2 - 20 second sprint

Level 1 - 15 second sprint

Level 1 - 3 plyometric tuck + 5 second sprint

Rest 15 seconds between each exercise, repeat circuit 2x

****Having a partner adjusting resistance will allow you full rest in between exercises****

To tailor to different athletes, adjust the level of resistance and/or increase time/# of tucks.