Welcome to this 6 week field day program! The goal of this program is to enhance athletes speed, acceleration, change of direction/agility and movement proficiency. This program was designed to be simple enough to follow for HS/College athletes training solo or with their team as well as for the general fitness seeker who still is looking to improve performance.

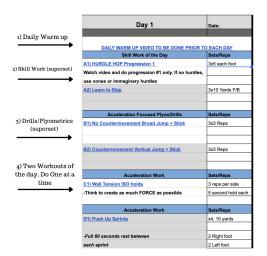
The Field Day Program consists of 3 days. Day 1 is focused on Acceleration. Day 2 is focused on top end speed. Day 3 is focused on change of direction, lateral movements and agility. Each Day consists of a daily warm up, drills, plyometrics and then specific focused workouts to improve the focus of that day. In total, this program is 18 total days of workouts.

This program progresses slowly each week as needed to build upon skill work and drills. The purpose of this is to expose athletes with a baseline of movement proficiency and gradually increase their skill through more difficult progressions. It is important to not skip steps. It is also important to note that NOT every week we will increase intensity or movement difficulty and that should be time spent on mastering a movement. If you feel you need to stick with a lesser advanced version, or repeat a week until you mastered a movement, please do so! Go at the pace that best suits you!

The workouts + warm up are designed to take 30-45 minutes total. I advocate for you to take as much rest as you need after movements to feel fully fresh for each rep. The reason why is that while SPEED/AGILITY work should be done at max intensity and focus, the focus is NOT on excessive volume or tiring the athlete just for the sake of tiring the athlete. A lot of programs you see online labeled as speed/agility programs are actually conditioning workouts. This is where the field day program stands out! I want you to be fresh each rep so you can be fast! If you complete every drill, read the notes, and do each drill with intent, you will see improvements! It is recommended to NOT do this workout 3 days in a row and ideally you do it every other day such as MWF or T/Th/Sat. Be sure to watch all the mini demo videos beforehand as well.

Like any online program or fitness advice, please consult with a doctor first prior to completing any workout. Modify exercises as needed and be sure to consult with a doctor and health care provider before beginning any workout program.

Go in order from Warm up to A Block then B Block, then C Block then D Block.



Day 1	Date:	DAY 2	Date:	Day 3	Date:
DAILY WARM UP VIDEO TO BE DONE PRIOR TO	D EACH DAY	DAILY WARM UP VIDEO TO BE DONE PRIO	R TO EACH DAY	DAILY WARM UP VIDEO TO BE DONE PRIOR T	O EACH DAY
Skill Work of the Day	Sets/Reps	Skill Work of the Day	Sets/Reps	Skill Work of the Day	Sets/Reps
A1) HURDLE HOP Progression 1	3x5 each foot	A1) Skips	3x10 Yards F/B	A1) Learn to Lateral March	3x10 Yards L/F
Watch video and do progression #1 only. If no hurdles,		Be Twitchy and fast with each rep			
use cones or immaginary hurdles					
A2) Learn to Skip	3x10 Yards F/B	A2) 45 Degree Bound + Stick	3x5 each foot	A2) Learn to Lateral A-Skip	3x10 Yards L/F
		Get out as far as you can with each Jump		Go slow before adding speed	
				Get distance between each skip once mastered	
Acceleration Focused Plyos/Drills	Sets/Reps	Top End Speed Focused Plyos/Drills	Sets/Reps	COD/Lateral Focused Plyos/Drills	Sets/Reps
31) No Countermovement Broad Jump + Stick	3x3 Reps	B1) Pogos	3x10 yards	B1) Lateral Leap to 2 foot stick	3x3 each side
		Be Springy and elastic!			
B2) Countermovement Vertical Jump + Stick	3x3 Reps	B2) Backwards Sprint	3x20 yards	B2) Lateral Leap to 1 foot Stick	3x3 each side
Acceleration Work	Sets/Reps	Top End Speed Work	Sets/Reps	COD/Lateral Work	Sets/Reps
C1) Wall Tension ISO holds	3 reps per side	C1) Rolling (walk in sprints)	2x20 yards	C1) Crossover Sprints	x2 left and righ
Think to create as much FORCE as possible	5 second hold each	-2 Minute rest between each		-Full 60 seonds rest between	x15 yards
				-Race if you have a partner	(4 total)
Acceleration Work	Sets/Reps	Top End Speed Work	Sets/Reps	COD/Lateral Work	Sets/Reps
D1) Push Up Sprints	x4, 10 yards	D1) 20 Yard Sprint-ALL OUT SPRINT	x2 Total	D1) 8 Meter Curved Sprints	3 each way
				-Angles/Edges, Stay close to the line at max speed!	6 Total
Full 60 seconds rest between	2 Right foot	-2 Minutes rest between each		-Full 60 seconds rest between	
each sprint	2 Left foot	-Time if possible (laser or handtime)		each sprint	

Day 1	Date:	DAY 2	Date:	Day 3	Date:
DAILY WARM UP VIDEO TO BE DONE PRIOR TO	1	DAILY WARM UP VIDEO TO BE DONE PRIOR		DAILY WARM UP VIDEO TO BE DONE PRIOR TO	O EACH DAY
Skill Work of the Day	Sets/Reps	Skill Work of the Day	Sets/Reps	Skill Work of the Day	е
A1) HURDLE HOP Progression #2	3x5 each foot	A1) A-Skips	3x20 Yards F/B	A1) Lateral March	3x15 yards
Watch video and do progression #2 only. If no hurdles,					
use cones or immaginary hurdles					
A2) Mini Bounds	3x15 yards F/B	A2) Dynamic Hamstring Carch	3x5 each leg	A2) Learn to Lateral A-Skip	3x15 yards
Acceleration Focused Plyos/Drills	Sets/Reps	Top End Speed Focused Plyos/Drills	Sets/Reps	COD/Lateral Focused Plyos/Drills	Sets/Reps
B1) No Countermovement Broad Jump + Stick	3x5 jumps	B1) Quick Double Tap Pogos	3x15 yards	B1) Lateral Leap to 2 foot stick	3x5 each way
		Be as quick as you can on the double hop			
B2) Split Squat Jump + Pause	3x5 each side	B2) Backwards Sprint	3x20 yards	B2) Lateral Leap to 1 foot Stick	3x5 each way
Jump up and switch legs + stick landing					
Focus is on height					
Acceleration Work	Sets/Reps	Top End Speed Work	Sets/Reps	COD/Lateral Work	Sets/Reps
C1) Wall Tension ISO holds	5 reps per side	C1) Rolling (walk in sprints)	2x20 yards	C1) Crossover Sprints	x3 left and right
-Think to create as much FORCE as possible	5 second hold each	-2 Minute rest between each		-Full 60 seonds rest between	x15 yards
				-Race if you have a partner	(6 total)
Acceleration Work	Sets/Reps	Top End Speed Work	Sets/Reps	COD/Lateral Work	Sets/Reps
D1) Push Up Sprints	x6, 10 yards	D1) 25 Yard Sprint-ALL OUT SPRINT	x4 Total	D1) 8 Meter Curved Sprints	3 each way
-Full 60 seconds rest between	3 Right foot	-2 Minutes rest between each		-Angles/Edges, Stay close to the line at max speed!	
each sprint	3 Left foot	-Time if possible (laser or handtime)		-1-2 min rest after each sprint	

Day 1	Date:	DAY 2	Date:	Day 3	Date:
DAILY WARM UP VIDEO TO BE DONE PRICE Skill Work of the Day	WK 1	DAILY WARM UP VIDEO TO BE DONE PRIOR TO EACH DAY Skill Work of the Day WK 1		DAILY WARM UP VIDEO TO BE DONE PRIOR T Skill Work of the Day	WK 1
A1) HURDLE HOP Progression 3	3x5 each foot	A1) A-Skips	3x10 yards	A1) Lateral Skips	3x10 yards
		<u>A 1) A-3kips</u>	3X10 yalus	AT) Lateral Skips	3X TO Yalus
Watch video and do progression #3 only. If no hurc	iles,				
use cones or immaginary hurdles					
A2) Power Skip	3x15 yards	A2) Bounds	3x10 yards	A2) Lateral Recollects	3x10 Yards to
					the right/left
Acceleration Focused Plyos/Drills	WK 1	Top End Speed Focused Plyos/Drills	WK 1	COD/Lateral Focused Plyos/Drills	WK 1
B1) Continuous Broad Jumps	3x3	B1) Split squat jump + Pause	3x5 each leg	B1) Lateral Double Tap Rebounding hops	3x3 each side
Stick the last jump				Quickness off the ground	
B2) Depth Jump For Height	3x3 Reps	B2) Medball Alternating Drop Backs	3x10 yards	B2) 90 Degree Jump + Stick	3x5 each way
Get into your hips and think HEIGHT				-Focus on extending and rotating as far as you can	
Acceleration Work	WK 1	Top End Speed Work	WK 1	COD/Lateral Work	WK 1
C1) Wall Drill-Quick Switches	3x6 (3 each side)	C1) Backward Sprint	4x20 Yards	C1) 5-10-5 COD Drill	3 each way
		-2 Minute rest between each		-Full 60 seonds rest between	
				-Race if you have a partner	
Acceleration Work	WK 1	Top End Speed Work	WK 1	COD/Lateral Work	WK 1
D1) Switching Gear Sprints	2x20 yards	D1) Sprint Build ups	x3 Total	D1) Snake Sprints	4x20 yards
-Full 60 seonds rest between		Gradually pick up speed/intensity every 10 yards		-2 Minutes rest between each	
each sprint		-FULL 4 min rest after each sprint		-Great for angles + edges	

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Day 1	Date:	DAY 2	Date:	Day 3	Date:
DAILY WARM UP VIDEO TO BE DONE PRIOR T			DAILY WARM UP VIDEO TO BE DONE PRIOR TO EACH DAY		O EACH DAY
Skill Work of the Day	Sets/Reps	Skill Work of the Day	Sets/Reps	Skill Work of the Day	Sets/Reps
A1) HURDLE HOP Progression #4	3x5 each foot	A1) B-SKIP WALKS (WATCH FULL VIDEO)	3x15 yards	A1) Lateral Skips	3x15 yards
Watch video and do progression #4 only. If no hurdles	,	-ONLY Do the B-Skip WALK to get the pattern down			
use cones or immaginary hurdles					
A2) Power Skip	3x20 yards	A3) Bounds	3x15 yards	A2) Lateral Recollects	3x15 Yards to
					the right/left
Acceleration Focused Plyos/Drills	Sets/Reps	Top End Speed Focused Plyos/Drills	Sets/Reps	COD/Lateral Focused Plyos/Drills	Sets/Reps
B1) Continuous Broad Jumps	3x5	B1) Rebounding Split Squat Jumps	3x5 each side	B1) Lateral Double Tap Rebounding hops	3x5 each side
Stick the last jump		-Think to be twitchy!		Quickness off the ground	
B2) Depth Jump For Height	3x5 Reps	B2) Medball Alternating Drop Backs	3x15 yards	B2) Rotational Jump Sequence	3x5 each way
Acceleration Work	Sets/Reps	Top End Speed Work	Sets/Reps	COD/Lateral Work	Sets/Reps
C1) Wall Drill-Quick Switches	3x10 (5 each side)	C1) Backward Sprint	4x20 yards	D1) Quick Burst Reactive Change of Direction Drill	x4 total
		-2 Minute rest between each		:60 Rest Between each rep	Turn Left x2
				-Great for hip health/crossover speed	Turn Right x2
Acceleration Work	Sets/Reps	Top End Speed Work	Sets/Reps	COD/Lateral Work	Sets/Reps
D1) Switching Gear Sprints	2x 20 yards	D1) Sprint Build ups	x4 Total	D1) Snake Sprints	6x20 yards
-Full 60 seonds rest between		Gradually pick up speed/intensity every 10 yards		-2 Minutes rest between each	
each sprint		-FULL 4 min rest after each sprint		-Great for angles + edges	

Day 1	Date:	DAY 2	Date:	Day 3	Date:
DAILY WARM UP VIDEO TO BE DONE PRIOR T		DAILY WARM UP VIDEO TO BE DONE PRIOR		DAILY WARM UP VIDEO TO BE DONE PRIOR	
Skill Work of the Day	Sets/Reps	Skill Work of the Day	Sets/Reps	Skill Work of the Day A1) Lateral alternating A Skip	Sets/Reps
A1) Seated Acceleration Drill	3x10 yards	A1) B-Skip	3x10 yards	A 1) Lateral alternating A Oxip	3x10 yards L/R
Project out and burst for yards		-Practice the second part of the video			
A2) Band resisted angle step + sprint	x3 steps each	A2) Single Leg Running	3x10 Yards	A2) Open Up Change of Direction Drill	3x3 each way
-3 steps each side first. Then 2 sprints each side x10 yds	x2 10 sprints		each foot	Sprint up, then quickly open up and sprint back	
Acceleration Focused Plyos/Drills	Sets/Reps	Top End Speed Focused Plyos/Drills	Sets/Reps	COD/Lateral Focused Plyos/Drills	Sets/Reps
B1) Double hop jump + Reach	3x5	B1) Rebounding Split Squat Jumps	3x5 each leg	B1) Continuous Lateral Bounds To Vertical Jumps	3x3 each side
		Think to be twitchy and quick off the ground		Jump as far as you can over and then up	
B2) Vertical to Broad Jump	3x3	B2) Straight leg run	3x20 yards	B2) Rotational Overhead MB Slams	3x3 each side
		-Learn to be bouncy first, then focus on speed + dist	anc		
		•			
Acceleration Work	Sets/Reps	Top End Speed Work	Sets/Reps	COD/Lateral Work	Sets/Reps
C1) Drop Back Burst Sprints	4 x 10 yards	C1) Power Gallops	x20 yards	C1) Cirice Change of Direction	x3 each way
False Step work	2 Left back	-: 90 second rest between each		-About 8-10 yard big circle	
	2 Right back			-Full 60 seonds rest between	
Acceleration Work	Sets/Reps	Top End Speed Work	Sets/Reps	COD/Lateral Work	Sets/Reps
D1) Hill Sprints (reinforces acceleration angles)	4x10 yards	D1) 40 Yard Sprint-ALL OUT SPRINT	x2 Total	D1) Goal line Tag Game	x6
-Find a moderate incline		-4 Minutes rest between each		1-2 min rest after each round	
-Full out sprint through. 90 rest between		-Time if possible (laser or handtime)		3 reps on offense and defense	
-If no hill, do 15 yard sprints on field/court					

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Day 1	Date:	DAY 2	Date:	Day 3	Date:
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DAILY WARM UP VIDEO TO BE DONE PRIOR TO Skill Work of the Day	Sets/Reps	Skill Work of the Day	DAILY WARM UP VIDEO TO BE DONE PRIOR TO EACH DAY Skill Work of the Day Sets/Reps		Sets/Reps
A1) Seated Acceleration Drill	3x15 yards	A1) B-Skip	3x20 yards	Skill Work of the Day A1) Lateral alternating A Skip	3x10 yards L/R
	3X15 yarus	•	3x20 yards		3X TO YAI'US L/R
Project out and burst for yards		-Practice the second part of the video			
A2) Band resisted angle step + sprint	x3 steps each	A2) Single Leg Running	3x10 Yards	A2) Tracking Drill With Crossover	3x3 each way
-3 steps each side first. Then 2 sprints each side x10 yds	x2 10 sprints		each foot		
Acceleration Focused Plyos/Drills	Sets/Reps	Top End Speed Focused Plyos/Drills	Sets/Reps	COD/Lateral Focused Plyos/Drills	Sets/Reps
B1) Double hop jump + Reach	4x5	B1) Double Tap + Quick Switch Jump	3x5 each leg	B1) Continuous Lateral Bounds To Vertical Jumps	3x5 each side
		-Think to be twitchy!		Jump as far as you can over and then up	
B2) Depth Jump to 2 Broad Jumps	3x3	B2) Straight leg run	3x20 yards	B2) Rotational Overhead MB Slams	3x5 each side
Use a box, chair, bench					
Acceleration Work	Sets/Reps	Top End Speed Work	Sets/Reps	COD/Lateral Work	Sets/Reps
C1) Drop Back Burst Sprints	4 x 10 yards	C1) Power Gallops	3x 20 yards	C1) Cirice Change of Direction	x4 each way
False Step work	2 Left back	-:90 second rest between each		-About 8-10 yard big circle	
	2 Right back			-Full 60 seonds rest between	
Acceleration Work	Sets/Reps	Top End Speed Work	Sets/Reps	COD/Lateral Work	Sets/Reps
D1) Hill Sprints (reinforces acceleration angles)	6x10 yards	D1) 40 Yard Sprint-ALL OUT SPRINT	x3 Total	D1) <u>Tap Tag</u>	x6 total reps
-Find a moderate incline		-4 Minutes rest between each		-2 Minutes rest between each	
-Full out sprint through. 90 rest between		-Time if possible (laser or handtime)		-Alternate offense vs defense	
-If no hill, do 15 yard sprints on field/court				-If SOLO (DO THIS INSTEAD)	

I want to extend a huge THANK YOU for following along with this program. I hope through following this program over the last 6 weeks you improved your speed, movement ability, knowledge while having fun and working hard.

Please let me know if there is anything else I can assist you with in the realm of sport performance and be sure to follow me along at all my social media handles simple at JoeAratari.