

# SPEED AND AGILITY WORKOUT FOR ATHLETES

## DAY 1: LINEAR SPEED

### DYNAMIC WARM UP (10 YARDS EACH):

HIGH KNEES  
BUTT KICKS  
SIDE SHUFFLE  
SOLDIER KICKS  
KARAOKE  
SHUFFLE TOUCH  
SPIDERMAN LUNGES

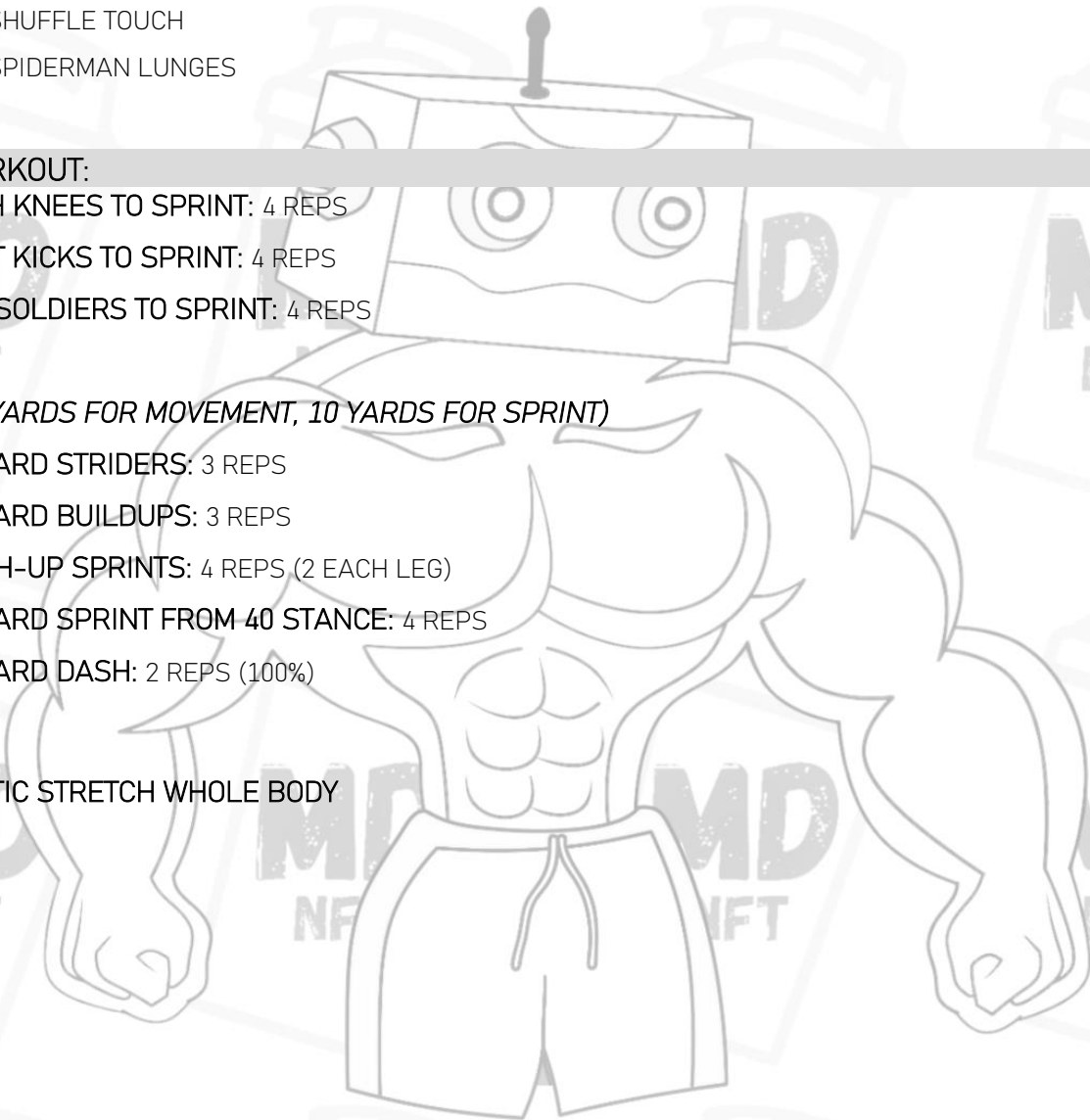
### WORKOUT:

HIGH KNEES TO SPRINT: 4 REPS  
BUTT KICKS TO SPRINT: 4 REPS  
TOY SOLDIERS TO SPRINT: 4 REPS

*(10 YARDS FOR MOVEMENT, 10 YARDS FOR SPRINT)*

40 YARD STRIDERS: 3 REPS  
50 YARD BUILDUPS: 3 REPS  
PUSH-UP SPRINTS: 4 REPS (2 EACH LEG)  
10 YARD SPRINT FROM 40 STANCE: 4 REPS  
40 YARD DASH: 2 REPS (100%)

STATIC STRETCH WHOLE BODY



# SPEED AND AGILITY WORKOUT FOR ATHLETES

## DAY 2: LATERAL SPEED

### DYNAMIC WARM UP (10 YARDS EACH):

HIGH KNEES  
BUTT KICKS  
SIDE SHUFFLE  
SOLDIER KICKS  
KARAOKE  
SHUFFLE TOUCH  
SPIDERMAN LUNGES

### WORKOUT:

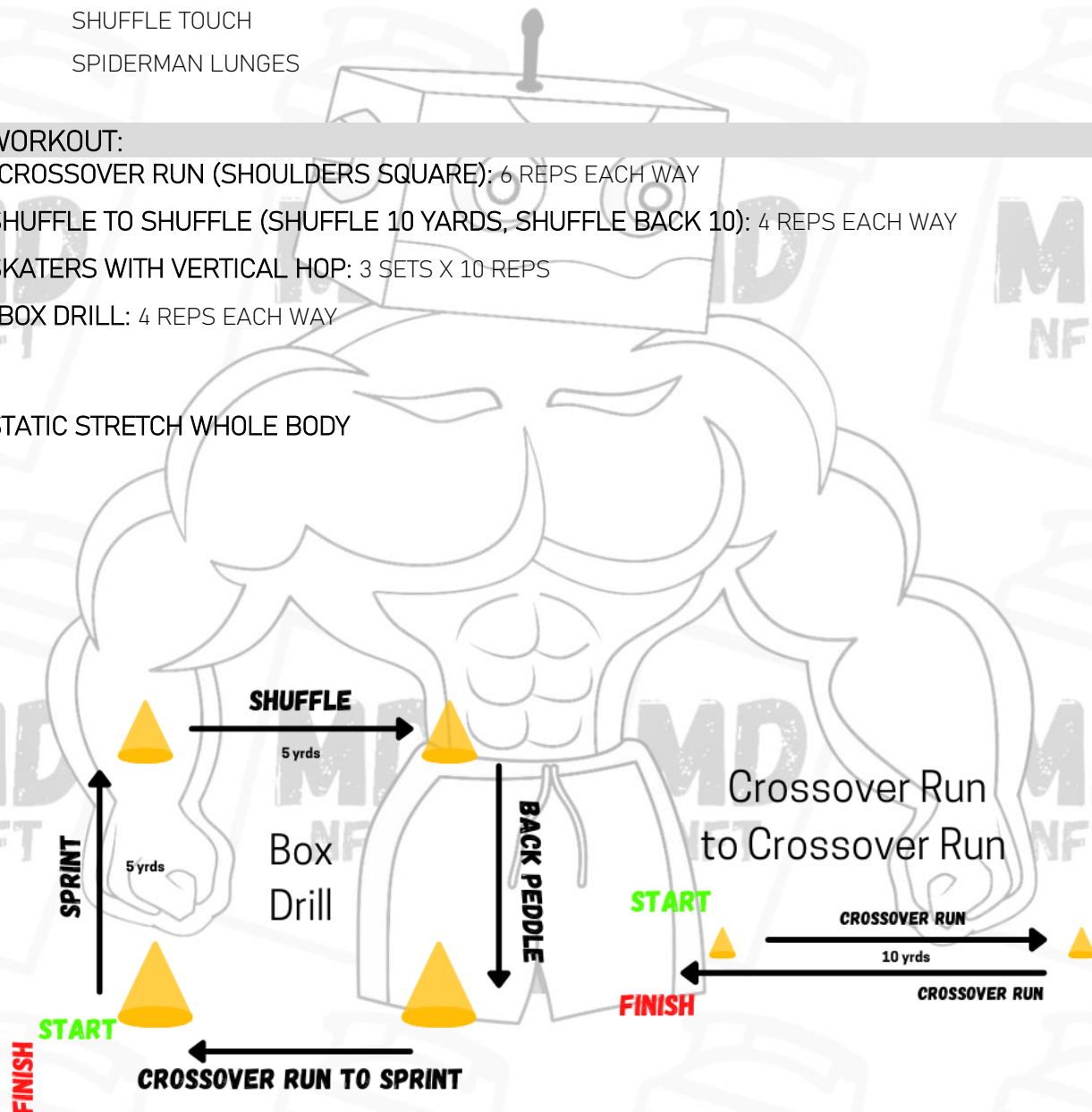
\*CROSSOVER RUN (SHOULDERS SQUARE): 6 REPS EACH WAY

SHUFFLE TO SHUFFLE (SHUFFLE 10 YARDS, SHUFFLE BACK 10): 4 REPS EACH WAY

SKATERS WITH VERTICAL HOP: 3 SETS X 10 REPS

\*BOX DRILL: 4 REPS EACH WAY

STATIC STRETCH WHOLE BODY



# SPEED AND AGILITY WORKOUT FOR ATHLETES

## DAY 3: SPEED LADDER TECHNICAL

### DYNAMIC WARM UP (10 YARDS EACH):

HIGH KNEES  
BUTT KICKS  
SIDE SHUFFLE  
SOLDIER KICKS  
KARAOKE  
SHUFFLE TOUCH  
SPIDERMAN LUNGES

### WORKOUT (TECHNICAL/BASIC):

ONE IN EACH: 4 REPS

TWO IN EACH: 4 REPS EACH LEAD FOOT

THREE IN EACH: 4 REPS

ICKY SHUFFLE: 4 REPS

IN AND OUT: 2 EACH WAY

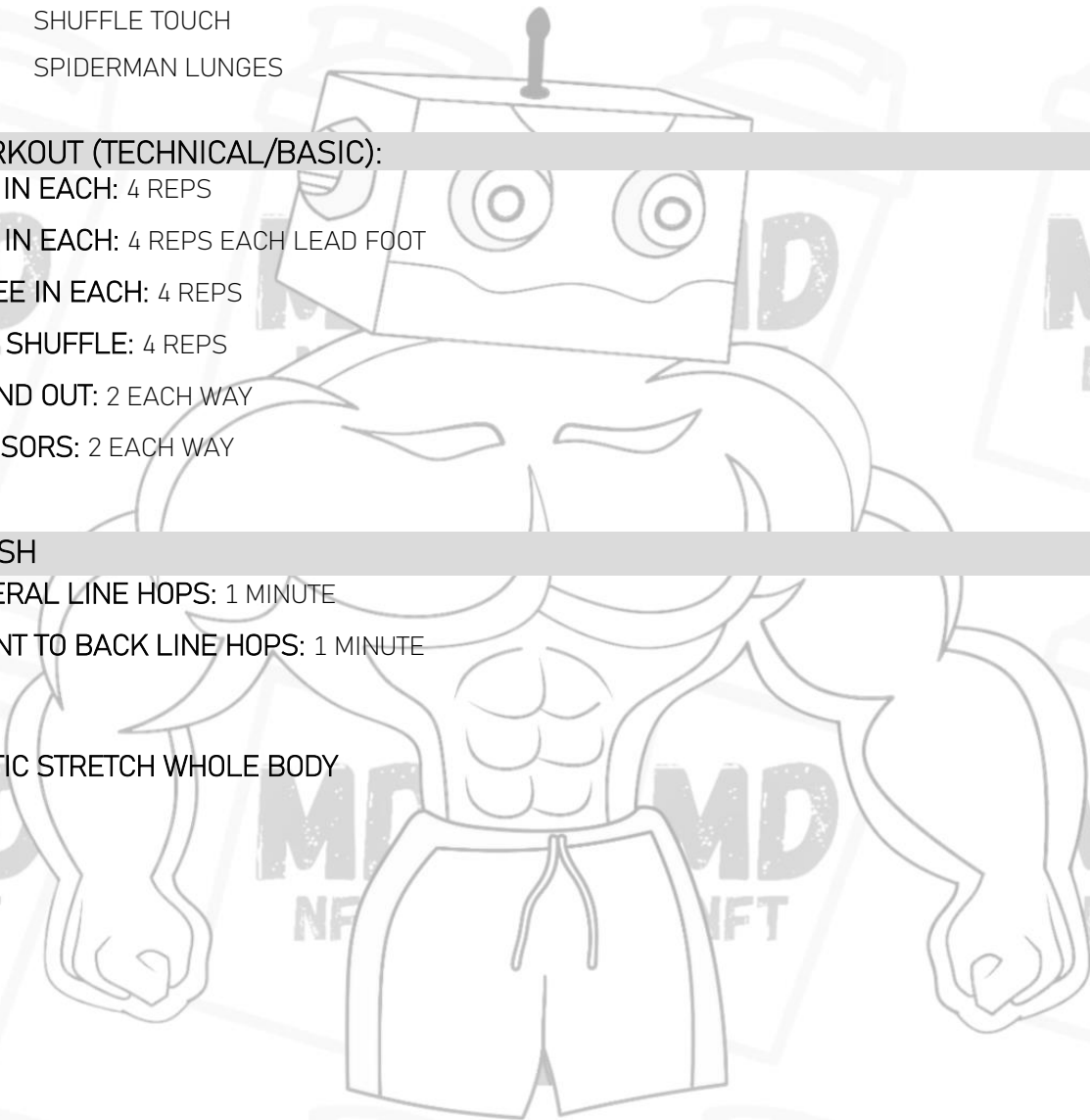
SCISSORS: 2 EACH WAY

### FINISH

LATERAL LINE HOPS: 1 MINUTE

FRONT TO BACK LINE HOPS: 1 MINUTE

STATIC STRETCH WHOLE BODY



# SPEED AND AGILITY WORKOUT FOR ATHLETES

## DAY 4: CHANGE OF DIRECTION

### DYNAMIC WARM UP (10 YARDS EACH)

HIGH KNEES  
BUTT KICKS  
SIDE SHUFFLE  
SOLDIER KICKS  
KARAOKE  
SHUFFLE TOUCH  
SPIDERMAN LUNGES

### WORKOUT

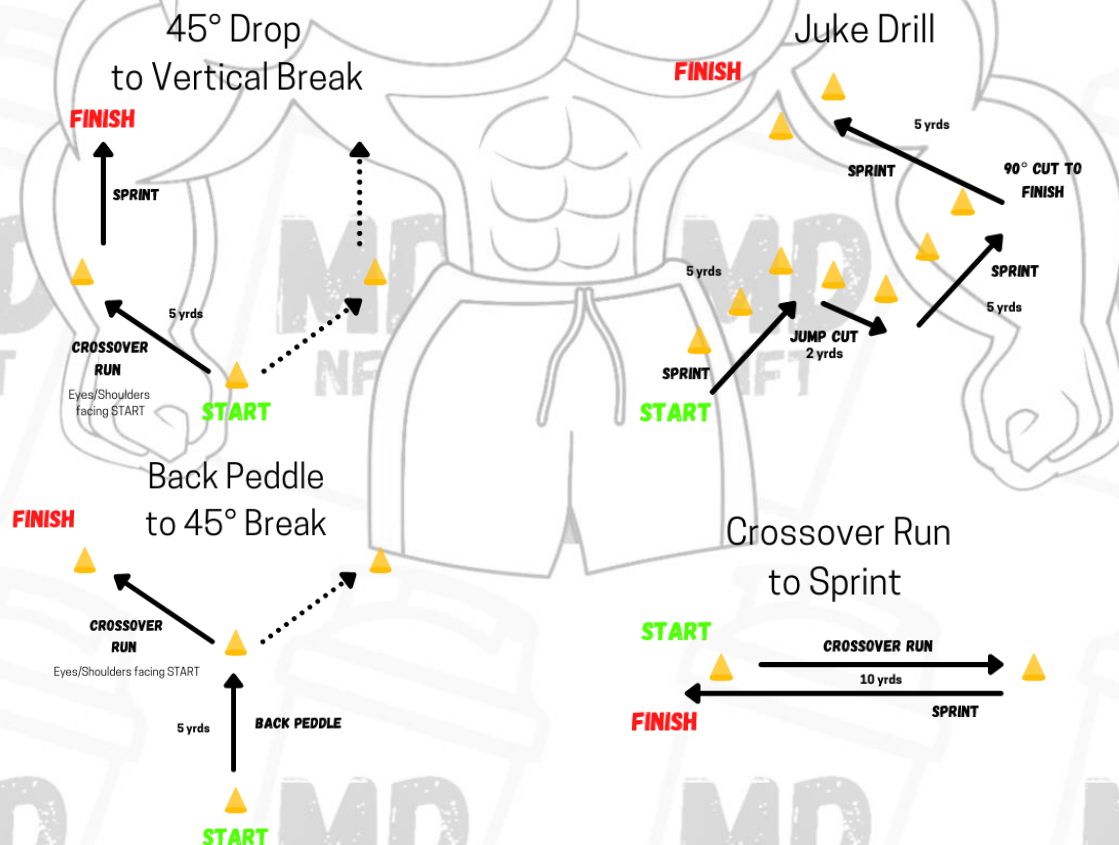
\*BACK PEDDLE TO 45 DEGREE BREAK (5 YARDS): 5 REPS EACH WAY

\*45 DEGREE DROP TO VERTICAL BREAK: 5 REPS EACH WAY

\*CROSSOVER RUN TO STOP AND SPRINT: 4 REPS EACH WAY

\*JUKE DRILL: 6 REPS EACH WAY

### STATIC STRETCH WHOLE BODY





# SPEED AND AGILITY WORKOUT FOR ATHLETES

## DAY 5: HIPS

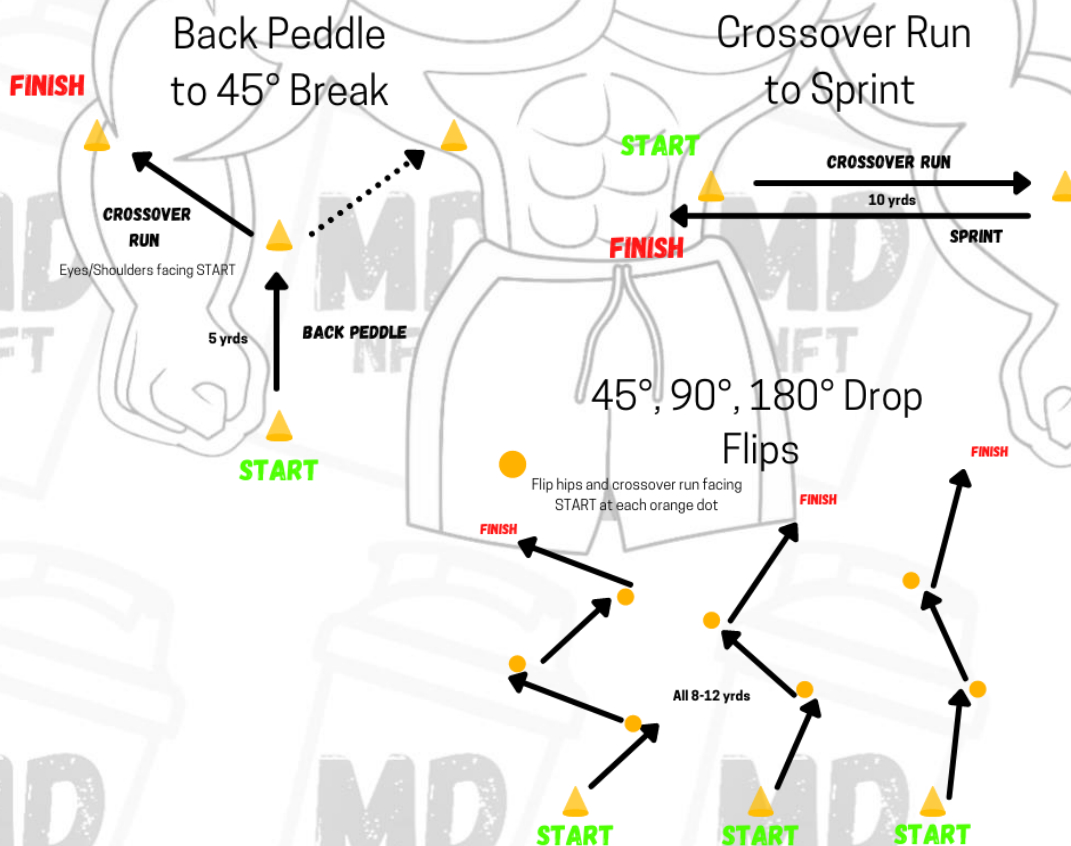
### DYNAMIC WARM UP (10 YARDS EACH)

HIGH KNEES  
BUTT KICKS  
SIDE SHUFFLE  
SOLDIER KICKS  
KARAOKE  
SHUFFLE TOUCH  
SPIDERMAN LUNGES

### WORKOUT

- \*45 DEGREE DROP FLIPS: 4 REPS
- \*90 DEGREE DROP FLIPS: 4 REPS
- \*180 DEGREE DROP FLIPS: 4 SETS
- \*BACK PEDDLE (25 YARDS) TO VERTICAL BREAK: 4 SETS
- \*CROSSOVER RUN TO CROSSOVER RUN OPP. WAY: 3 REPS EACH WAY

### STATIC STRETCH WHOLE BODY (EMPHASIS ON HIPS)



# SPEED AND AGILITY WORKOUT FOR ATHLETES

## DAY 6: HILL SPRINTS

### DYNAMIC WARM UP (10 YARDS EACH)

HIGH KNEES  
BUTT KICKS  
SIDE SHUFFLE  
SOLDIER KICKS  
KARAOKE  
SHUFFLE TOUCH  
SPIDERMAN LUNGES

### WORKOUT (ALL DONE UP A HILL)

STRAIGHT UP SPRINT: 4 REPS

STRIDE UP HILL: 4 REPS

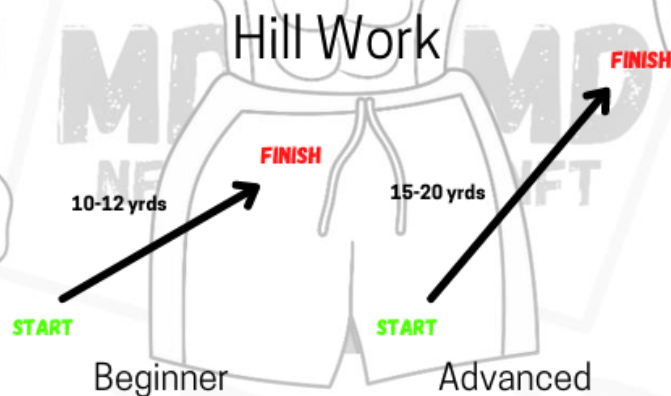
BROAD JUMP UP HILL: 4 REPS

SINGLE LEG JUMPS WITH KNEE PULL: 4 REPS EACH LEG

SIDE SHUFFLE UP HILL TO SPRINT: 4 REPS EACH LEG

STRAIGHT UP SPRINT: 2 REPS

STATIC STRETCH WHOLE BODY



# SPEED AND AGILITY WORKOUT FOR ATHLETES

## DAY 7: LINEAR SPEED

### DYNAMIC WARM UP (10 YARDS EACH)

HIGH KNEES  
BUTT KICKS  
SIDE SHUFFLE  
SOLDIER KICKS  
KARAOKE  
SHUFFLE TOUCH  
SPIDERMAN LUNGES

### WORKOUT

10 YARD GET OFFS (OUT OF 40 STANCE): 5 REPS

100 YARD STRIDERS: 4 REPS

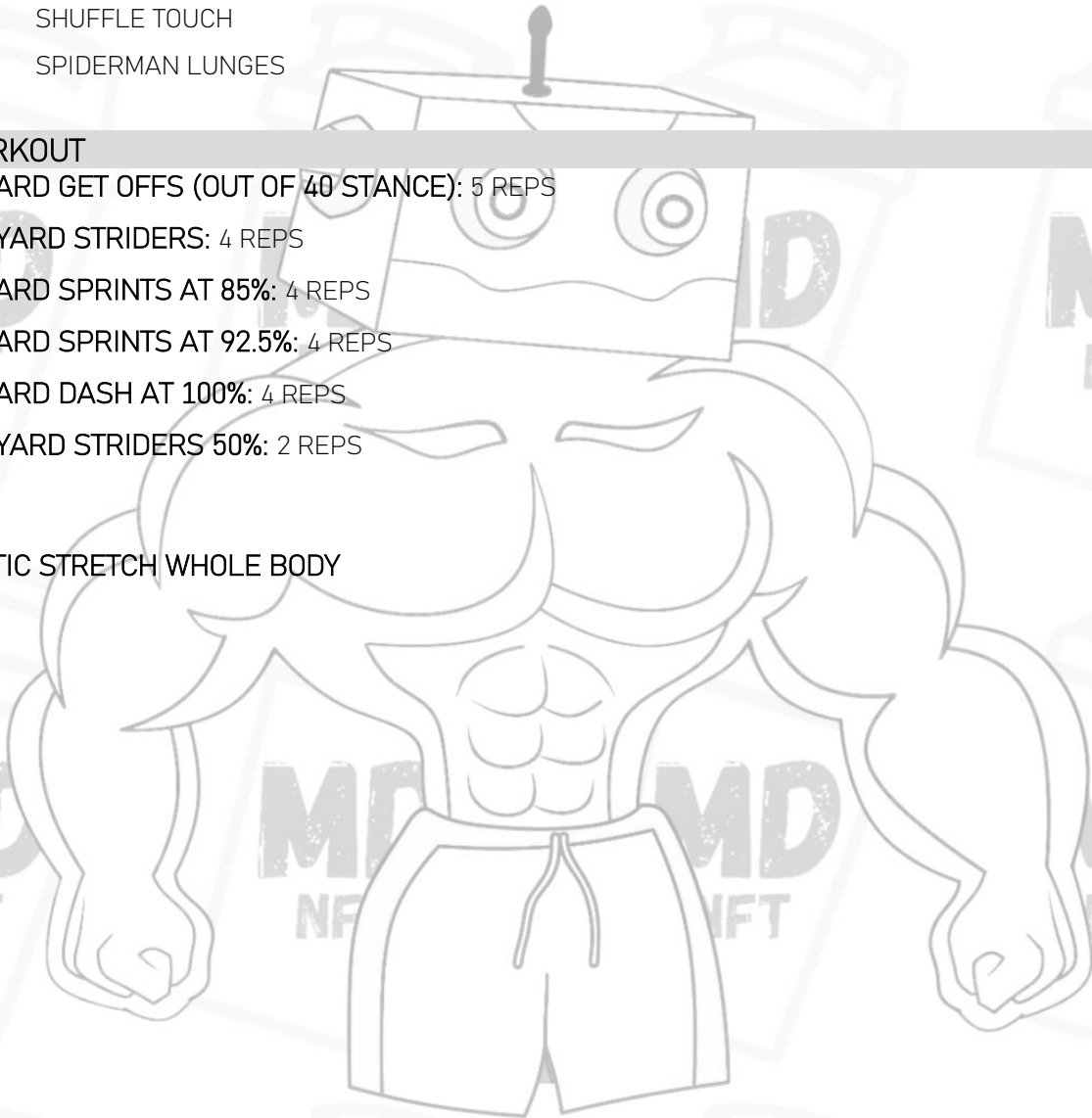
80 YARD SPRINTS AT 85%: 4 REPS

60 YARD SPRINTS AT 92.5%: 4 REPS

40 YARD DASH AT 100%: 4 REPS

100 YARD STRIDERS 50%: 2 REPS

STATIC STRETCH WHOLE BODY



# SPEED AND AGILITY WORKOUT FOR ATHLETES

## DAY 8: SPEED LADDER ADVANCED

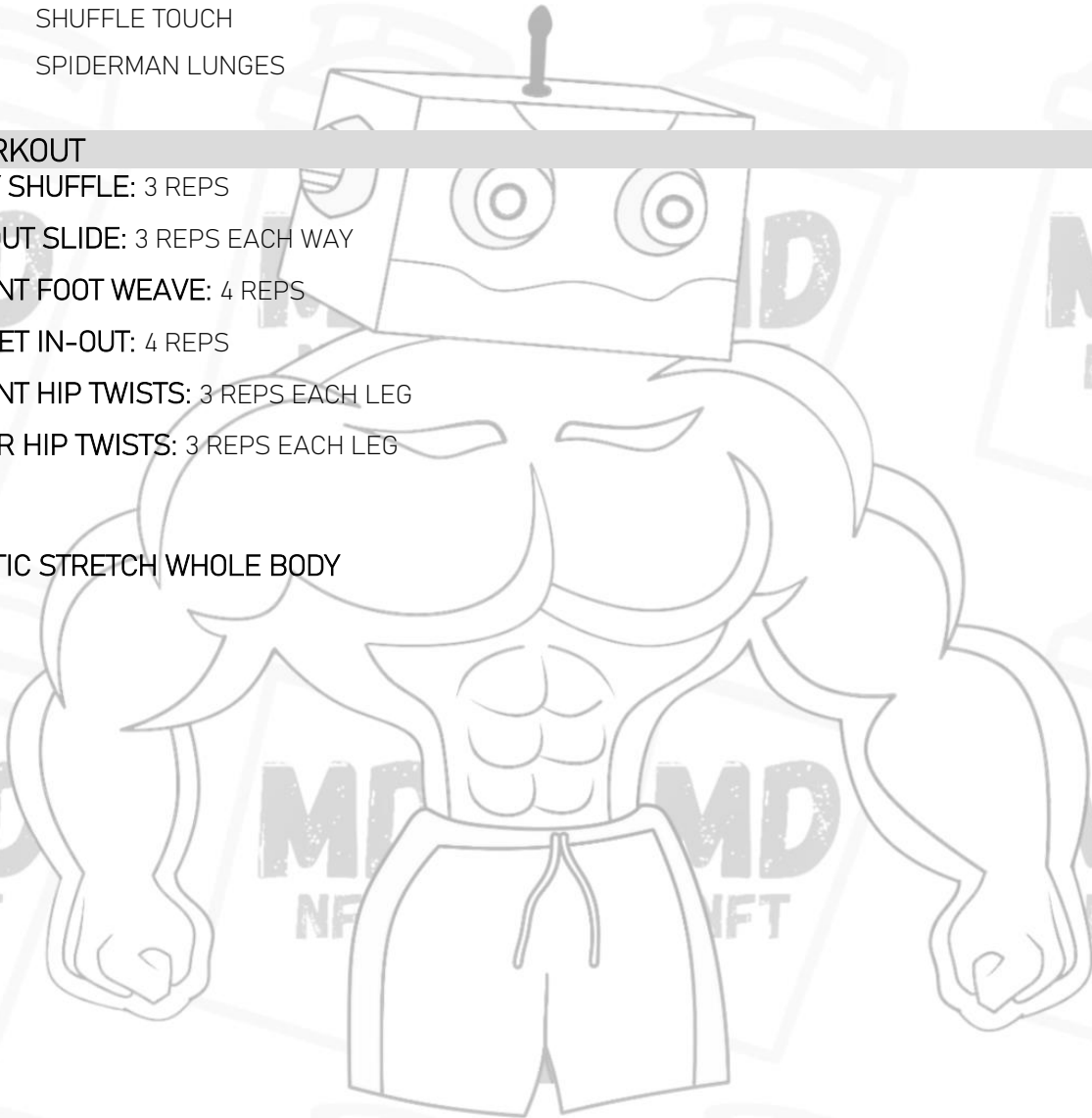
### DYNAMIC WARM UP (10 YARDS EACH)

HIGH KNEES  
BUTT KICKS  
SIDE SHUFFLE  
SOLDIER KICKS  
KARAOKE  
SHUFFLE TOUCH  
SPIDERMAN LUNGES

### WORKOUT

ICKY SHUFFLE: 3 REPS  
IN-OUT SLIDE: 3 REPS EACH WAY  
FRONT FOOT WEAVE: 4 REPS  
2 FEET IN-OUT: 4 REPS  
FRONT HIP TWISTS: 3 REPS EACH LEG  
REAR HIP TWISTS: 3 REPS EACH LEG

STATIC STRETCH WHOLE BODY





# SPEED AND AGILITY WORKOUT FOR ATHLETES

## DAY 9: "PRO DAY"

### DYNAMIC WARM UP (10 YARDS EACH)

HIGH KNEES  
BUTT KICKS  
SIDE SHUFFLE  
SOLDIER KICKS  
KARAOKE  
SHUFFLE TOUCH  
SPIDERMAN LUNGES

### WORKOUT

PRO AGILITY: 5 REPS EACH WAY

L-DRILL: 5 REPS EACH WAY

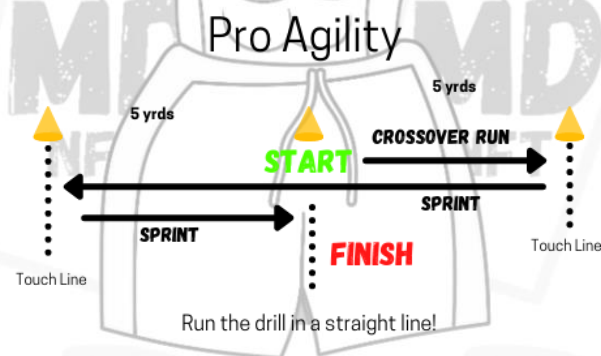
BROAD JUMPS: 5 REPS

CONTINUOUS BROAD JUMPS (5 JUMPS): 4 REPS

VERTICAL JUMPS: 8 REPS

CONTINUOUS VERTICAL JUMPS (10 JUMPS): 4 REPS

STATIC STRETCH WHOLE BODY



# SPEED AND AGILITY WORKOUT FOR ATHLETES

## DAY 10: HURDLE WORK

### DYNAMIC WARM UP (10 YARDS EACH)

HIGH KNEES  
BUTT KICKS  
SIDE SHUFFLE  
SOLDIER KICKS  
KARAOKE  
SHUFFLE TOUCH  
SPIDERMAN LUNGES

### WORKOUT

1 FOOT IN: 3 REPS

2 FEET IN: 2 REPS EACH LEAD FOOT

SHUFFLES: 4 REPS

FORWARD-BACK WEAVES: 2 REPS EACH WAY

LATERALS: 3 REPS EACH WAY

LATERAL RETRACES: 3 EACH WAY

HIP FLIPS: 4 REPS

STATIC STRETCH WHOLE BODY

